



PRIDE HUGS

BULLETIN



COOK WITH PRIDE 2017

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COOK WITH PRIDE



DATO DR IBRAHIM : SPECIAL ARTICLE



LET'S TALK ABOUT HEALTHY LIVING



FEARLESS JOURNEY

EDITOR'S NOTE

Azuwa Abdullah
CEO / Editor
03—79600366

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Nancy Doell
Dayang Rozielah Abang Halil

Do you have an idea or a success story to share with us?

Send your ideas to info@pride.org.my so we can help support each other and grow together

Welcome to our 6th issue!

Pride foundation is honored to welcome Dato' Dr. Mohammed Ibrahim A Wahid on board as our medical advisor to work together in our efforts to raise awareness of early breast cancer detection. A heartfelt thank you to Dato' Dr.Ibrahim for his generosity in contributing his time and medical expertise for the good of the cause.

We have been working on promoting breast cancer awareness with several events these past 3 months, hosting another corporate talk (YSP Industry Bangi & Hotel Premiera) and celebrating Mother's Day on May 14 at the Premiera Hotel with a talk by Dr. Anita Baghawi of KPJ Ampang Puteri Specialist Hospital on breast cancer awareness.

Pride Foundation has also reached out to and visited another 2 survivors, bringing some living essentials.

If you know of anyone whose lives have been touched by breast cancer and are in need of financial aid, please do contact us.

I'd like to briefly touch on the issue of awareness here, and ask that you consider the risk factors for breast cancer - and there are many that are out of your control, for example, if it's hereditary. However, if you take the time to know your body and you will, with regular self breast examination, you will no doubt spot and notice abnormal changes; that is early detection. So, remember to schedule a yearly mammogram and examine yourself monthly for lumps or any irregular changes in shape or size of your breast. Go to your doctor and seek treatment immediately. The earlier you treat it when you find it, the higher your chances of beating the disease.

Breast cancer also affects men - in fewer numbers and as such, early detection and awareness can help defeat the disease here as well.

You will read of another survivor story in this issue and I hope it continues to inspire you. To never give up. Life happens and life changes. It is news we all dread but consider that with new and improved treatments these days and early detection, chances are good that we can still be here.

Thank you to everyone for your continued support and encouragements in what we do.

Follow our Facebook and Instagram for news of upcoming events, come join us for fitness, hiking, yoga hour and Cook with Pride.

Hari Raya is upon us. I wish Muslims and all Malaysians a good, happy and safe Hari Raya Holiday season.

Wishing you all " Selamat Hari Raya ".

Regards,

Azuwa
CEO

**MESSAGE by
PRIDE CHAIRMAN**

DATO' AZRENE ABDULLAH



Dear Friends,

Greetings and welcome to our second issue of the year.

I am so glad I was able to catch up with some of you during our April Cook with Pride event. It certainly was good to see how well everyone has been doing. Food is always a good reason to get together and share our stories and just have a good laugh or so.

Exciting news! Pride Foundation is happy to announce that 2017 will be a new phase in our ongoing journey of breast cancer awareness.

We welcome esteemed Oncologist Dato' Dr. Mohamed Ibrahim A. Wahid, Medical Director of Beacon Hospital, on board as our medical advisor to heighten and add professional advice to our awareness campaign. Thank you, Dato' Dr. Ibrahim. We are thrilled, grateful and excited. Looking forward to working with you to raise our awareness mission higher.

The world celebrated Mother's Day, May 14th. I hope you all had a good one celebrating your mums and being celebrated as well by your families. As mothers, as women who care for their children, it's a day worthy of acknowledgment, even if with just a hug.

However, today, I want each and every one of you, patients and survivors, to remember, to engrave it on your heart, in your mind, all that you have already done, already endured, already built, already birthed, what you have already overcome, what you have started, what you have created, grown, finished, what you have learned, and what and why you have grieved. Do not despair. Once you remember, our lives that can at times feel so overwhelming, full of worry and hardship, just don't seem so hard after all. Today, I remember I can do hard things. You can too.

We celebrated Ramadan and Hari Raya is here! This Holy month encompasses forgiveness. We, of faith, devote our time to worship, charitable deeds and acts of compassion and forgiveness. In the spirit of faith, let's turn our focus on someone else, reach out to someone who needs a listening ear, a hand to hold. Make someone's day brighter and their load lighter. Make that phone call, write a kind note, bake cookies and take time to visit and help someone do something that is hard for them but easy for you. It comes back tenfold more than what we put out. We can all serve someone in little ways. Something beautiful will happen.

Thank you for your continued support, please help us spread the word of Pride Patient Fund. We want to reach those in need of help at their most vulnerable time. We can all play a part.

Peace and Happy wishes to you all.

Selamat Hari Raya Eid Al Fitri.

Dato' Azrene Abdullah.



COOK WITH PRIDE : APRIL 2017



Cook With PRIDE, April.

With volunteer Chef Rahmat Abu Bakar , sharing Penang recipe, Nasi Beriani Gam, Suji Kheer and Yogurt Salad.

Recipe can be downloaded at PRIDE Foundation Facebook.

About 45 guests consisting of breast cancer survivors, friends and family attended the cooking demo.

It started around 11.30 am and lunch was served at 12.30 noon. Guests came dressed in fun code theme, resort wear. Some came in pareo with straw hats, cotton dresses, skirts and pants. It was a lovely sunny day and everyone thought we were at Feringgi beach :)



Chef Rahmat with a beautiful smile on his face, showing us the finished dish. Did you get to enjoy it?



There we go. Check out our Facebook for this very special Lamb dish.



Nasi Beriani and Suji Kheer. Ready to serve.

COOK WITH PRIDE : MAY 2017

A Taste of Kelantan with Chef Annette Issac.

Cook With PRIDE May recipes were Nasi Kerabu Kelantan and Ayam Percik.

Chef Annette also shared Pink Hummus specially made for breast cancer survivors.

All recipes can be downloaded in PRIDE Facebook.

We had 47 guests, including breast cancer survivors, family and friends.

During the demo Chef Annette called some survivors to lend a hand and this was so much fun.

The theme for May was Batik Malaysia and many came clad in their best Batik dresses.

PRIDE Medical Advisor, Dato Dr Ibrahim from Beacon hospital also came to show his support towards our programme and breast cancer survivors.



Helping out with the making of the famous Pink Hummus. Easy with a food processor!



Our usual must have group picture!



FIT WITH PRIDE



Our stretching Yoga session with coach, Sri Krishna.
Come join us every Wednesday
5pm-6.30pm

Fit With PRIDE is a weekly programme where we invite survivors and friends for hiking and yoga on alternate weeks.

Conducted every Wednesday where we go hiking at Bukit Gasing with volunteer coach Mr Tamil.

In April, Yoga instructor, Sri Krishna from MAUMO (Malaysia Agathiyar Universal Mission Organisation) came and supported our event by conducting yoga.....



About to start on our hike. Get Fit to stay Healthy.

We met with other hikers who are also into healthy living. With KWSP staff at Bukit Gasing.



LETS TALK ABOUT... BREAST CANCER



AWARENESS TALK ON BREAST CANCER : Y.S.P INDUSTRIES (M) SDN BHD. 5TH APRIL, 2017

Breast cancer awareness talk was conducted by Dr S Malar Shanti from KPJ Specialist Kajang. An estimated total of 250 participants attended the talk. The participants were very interactive with the speaker.



AWARENESS TALK ON BREAST CANCER : PREMIERA HOTEL KL. 17TH APRIL, 2017



The programme was planned for a half-day session. The talk commenced with introduction to PRIDE by Razlan. This was followed by breast cancer awareness talk by Dr Anita Baghawi from KPJ Specialist Ampang Puteri. A total of 24 participants attended the talk.

CONTINUE



LETS TALK ABOUT... BREAST CANCER

LET'S GO HEALTH EXHIBITION : MID VALLEY EXHIBITION HALL
12—14 MAY, 2017



The exhibition was conducted for 3 consecutive days. On the 2nd day, a breast cancer awareness talk was conducted by Dr Nor Elina Shaari- Clinical Lecturer and Surgeon from UiTM Sg Buloh. Followed by a sharing session where Irene Yap took the stage to tell her story as a survivor. We also carried out clinical breast examination at our booth, where 18 participants registered.

On the 3rd day an awareness talk was conducted by Dr Anita Baghawi – Breast and Endocrine surgeon from KPJ Ampang Puteri. The sharing session was done by Mrs Yasoojee. A Clinical Breast Examination was conducted during the event. A total of 11 participants took the opportunity to do their breast checks.

AWARENESS TALK ON BREAST CANCER : PRUDENTIAL TRAINING ACADEMY, UKAY PERDANA.
20TH MAY, 2017.



Prudential Training Academy collaborated with PRIDE Foundation to organize an awareness talk on breast cancer for its agents and clients. The talk was conducted at Prudential Training Academy, Ukay Perdana. A total of 100 participants attended the talk and sharing session. We had the pleasure of listening to Dr Nurhashim from KPJ Tawakal Specialist, our collaborating partner. Many participants raised questions on breast cancer and related matters. There was a sharing session by Elaine Tan on her story as a breast cancer survivor.





MOTHER'S DAY AT PREMIERA HOTEL KL



From left : Awaluddin (Senior Sales Manager), Kamaruddin Kassim (Hotel Premiera General Manager), Dr Shahrniza (KPJ Rawang) and Ammelia (PRIDE Programme Development Manager)

With regards to breast cancer awareness campaign, the management of Premiera Hotel KL has invited PRIDE to share on breast cancer awareness in conjunction with Mother's Day celebration on 14th May, 2017.

Ammelia, representing PRIDE shared on PRIDE Foundation objectives and mission with guests and followed by Dr Shahrniza Md Shahir from KPJ Rawang Specialist Hospital, where he shared information on breast cancer.

Around 250 guests were entertained with a fashion show by Busana, performance by Caliph Buskers, games and lucky draws. It was a very entertaining day for all mothers who attended.



Clock wise :

Dr Shahrniza on stage during his sharing session on breast cancer.

Performance by Caliph Buskers.

Cake cutting : Some mothers were invited for cake cutting.

Breast Self Examination : Ms Nora explaining to one of our guest on Breast Self Examination (BSE).

THE STAR WARS ONE MAN SHOW, 21st APRIL, 2017.



One Man STAR Wars Trilogy. 24 survivors were entertained by Charles Ross, the one man STAR Wars character , for Star Wars fans young and old. It was a night with laughter at High Convention Center KL. Thank you to Milestone Entertainment for having us.



PRIDE CHAIRMAN INTERVIEW WITH MINGGUAN WANITA : 5th MAY, 2017



Mingguan Wanita interviewed PRIDE Chairperson, Dato Azrene Abdullah on 17th April, 2017 and the article came out in Mingguan Wanita on 5th May issue. The interview focused on PRIDE journey for the past 12 years and PRIDE planning for the next 10 years. For the full article, kindly go to our Facebook at PRIDE Foundation Malaysia.

PRIDE CEO INTERVIEW WITH METRO : 18 th April, 2017



Harian Metro newspaper came for an interview with PRIDE CEO, Puan Azuwa Abdullah on 18th April, 2017. Interview was on Azuwa's journey as CEO . The article appeared on Sunday, 23rd April, 2017. For full reading kindly go to our Facebook at PRIDE Foundation Malaysia.

SUN SURIA FOODIETHON : RUN WITH THE STARS



Jazzy Group Entertainment gave free tickets to 27 breast cancer survivors for the 5 KM fun run with Hong Kong artists, Rosina Lam, Joel Chan and Mandy Wong, not forgetting our Malaysian artists, Aishah Illias, Nasha Aziz, Joanne Yew and Sazzy Falak. About 3000 runners participated in this run held at Sun Suria City, Salak Tinggi, Sepang on 7th May, 2017.

PRIDE CEO, INTERVIEW WITH MYSUARA FM : 24th May



Live interview with MySuaraFM was held on 24th May, 2017. Online radio which caters to gen Y listeners for Tuesday slot's 'Patah Sayap Bertongkat Paruh'. The slot was targeted for those who have experienced challenges in life and yet survived, giving inspirational and motivation for others in life. Also interviewed was Ms Hibatullah Abdul Rahman, a breast cancer survivor. You can view the recording at MySuaraFM Facebook.

MOHANA GILL HAYLEYS HAPPYLICIOUS SERIES BOOK LAUNCH : 26th MAY, 2017



Award-winning local author, Mohana Gill launched her new children's cookbook titled 'Hayley's Happylicious Series' which focuses on children's healthy eating. The book launch was officiated by YTM Dato' Sri Raja Eleena Binti Sultan Azlan Shah at the Tuanku Bainun Children's Creative Centre in Petaling Jaya, Selangor.

Set as eight parts, the series follow Hayley and Zac as they make new friends and meet old ones in each book, where their friends share nutritious foods with them, explaining the health benefits while keeping them mesmerized with exciting stories. Further enquiries on Happylicious series kindly email : mohanagill@gmail.com



FEARLESS JOURNEY – BETTY ANN GOMEZ

My Journey with the Big 'C' began in July 2003 at the age of 41.

A small health issue turned out to be stage 3 breast cancer. During a routine check up, my gynecologist dismissed it as mere fatty tissue and to have a follow up in 6 months.

By then, the lump was protruding from my breast. Was I in denial? My ordeal had just begun. I had a biopsy and the surgeon was quite sure it was non-cancerous. Then, I was informed that the lump looked suspicious and the results came back in a week, confirming that the 5cm tumor was in fact malignant and my cancer was a stage 3.

The surgeon explained the results and the months of treatments I was going to face.

It was grim. Frightened and shocked, I thought I was given a death sentence. Devastated, the tears wouldn't stop for 2 weeks. It dawned on me that I really had cancer and needed a 2nd operation. I sought a 2nd opinion which did confirm the diagnosis. I had many more investigative follow up checks and my surgeon and I decided on a lumpectomy.



Still frightened, I cried for weeks. Family and friends heard my story and saw my tears. To this day, I cry when I retell my journey. However, the sharing and crying has proven to be healing.

I was hospitalized for 5 days. They found the cancer to be contained at the breast. The 6 lymph nodes removed were found to be non cancerous. My oncologist determined that I required 6 cycles of chemotherapy and 30 cycles of radiotherapy.

Scary stories of chemotherapy abound. Loss of hair was one of the hardest so that's where the wigs came in. I managed to look good and continued working. Many tough times during chemotherapy, I wanted to give up and told my doctor so, but of course I did not. My family is everything to me and they had rallied around me and gave me strength. I would do this for them. For my husband, my young son (7) and daughter(5), my parents and siblings.

However, chemotherapy was really really hard. I had to deal with mood swings, nausea, depression, loss of energy, neuropathy and feeling vulnerable emotionally did not help with the side effects. There were days I had to drag myself out of bed to spend quality time with the kids.

Radiotherapy followed chemo and that wasn't so hard. Life slowly returned to normal. From the point of diagnosis to completion of treatment, it was 7 months. Oral Hormone therapy started with Tamoxifen. The only side effect is the ongoing drastic loss of energy. I rested well, ate well and never missed a treatment.

God's blessings and the love and care of my family were very important in my recovery process. I couldn't have done it without them. My employers were supportive and understanding and placed no demands on me. Going to work during treatment gave me a sense of purpose and allowed me to forget about cancer and chemo.

We can beat cancer. Being positive and believing in yourself is really half the battle won. I am thankful to God for the years after cancer. Almost 14 years now. My perspective on life has changed. My priorities are different. I quit my job and instead find so much joy in social work and being able to comfort and help others in their cancer journey. Life is what you make of it, enjoy it! Don't let it pass you by.

TIPS ON CAREGIVING

WRITTEN BY : NANCY DOELL



How to Avoid Caregiver Burnout.

In our earlier issue this year, we wrote about how cancer caregivers suffers from stress and care giving burnout. Below are some tips to hopefully provide caregivers with some ideas to cope with their load.

1. DO take time for you. Get enough sleep. And then try waking up a little earlier than usual to have some quiet time to plan/think about your day ahead, while having a cup of coffee or breakfast. Try to add a 10-15min early morning walk in the neighborhood, this is a great stress reliever and a healthy way to start the day. Do this everyday for maximum well being.

2. Daily habits can make your life simpler, when you make weekly plans, include hospital visits and regular outings for the patient. Getting out of the house together, however briefly, for fresh air and a change of scene lowers patients' stress as well and thus their mental well being and outlook, helping them to stay positive and cheerful.

3. Ask for help when you need it. Don't try to do it all. Be clear about what help you need. Can some family member do your grocery shopping for you? Run to the pharmacy ?

Family and friends will be genuinely happy to help out if they know you need a helping hand. Reach out and ask. Make it a team effort by holding regular family meetings weekly to discuss how your loved one is doing, care giving needs and financial concerns and about your need for support. Include your paid caregivers/helpers/maids if any.

4. Focus on what's important. The house doesn't need to look very neat. Sometimes, you may feel there are so many things that need to get done in a day. Concentrate mainly on what absolutely needs to get done and let the rest go.

5. Care giving can absolutely be emotionally draining. If you find yourself crying, upset or just angry and drained, don't let that turned into depression. You may unwittingly turned against the patient, despite your well intentioned duty of caring. Feelings of frustration towards the patient's needs is a sign of burnout. Seek support by talking to counselor, a family member or a friend. Join a support group, if possible. Join a salsa dancing group, a yoga or Pilates class. Stay in touch with us through our FB page or Instagram and join us during our weekly physical fitness events. It all helps to relieve your daily care giving.

Call PRIDE Foundation (03 79600366) if you need someone to listen and help.



INTIMACY AFTER BREAST CANCER

WRITTEN BY : DATO DR MOHAMED IBRAHIM BIN DATO' HAJI ABDUL WAHID
MEDICAL DIRECTOR OF BEACON HOSPITAL



Intimacy after breast cancer?

Are you worried about intimacy after breast cancer?

There might be some sort of worrying about sexuality after breast cancer. Physical changes make some women feel less attractive and uncomfortable with their bodies. Some treatments for breast cancer, such as chemotherapy, can change your hormone levels and may in fact affect her sexual interest and/or response. For women in their 20s or 30s who maybe focused on selecting a partner or having children, a diagnosis of breast cancer can be especially very tough.

Relationship problems are also common because cancer diagnosis can be very distressing for the partner, as well as the patient. Partners are usually concerned about how to express their love physically and emotionally after treatment, especially surgery. But breast cancer can be a growing experience for couple – particularly when partners take part in decision-making and go along to treatments.

Breast cancer treatments like surgery and radiation can damage a woman's emotional state. In our society, we are taught to view breasts as a basic part of beauty and femininity. If a breast has been removed, a woman maybe concerned about whether her spouse will still find her beautiful. She may also be worried about not actually being able to enjoy sexual stimulation in the affected breast.

Treatments can also sometimes bring on temporary or even permanent, premature menopause, making intercourse painful. The medications you take, as well as the emotional effects of the disease, can lead to depression. And of course, from the changes wrought by surgery to the hair loss and puffiness of chemotherapy, breast cancer can have a devastating effect on your body image and your ability to feel sexy.

The sexual side effects of breast cancer can linger long after treatment stops. A 2007 follow-up report on young breast cancer survivors, conducted by researchers at the University of California-Berkeley, found that some women reported persistent sexual difficulties five years after their treatment had ended. And according to the National Cancer Institute, about one out of every two women who've undergone breast cancer treatment experiences long-term sexual dysfunction. That's the bad news. But the good news is people can be intimate after breast cancer and the most important part of this is communication, talk with your partner about what you're comfortable with, and what you're not. It goes a long way.

PRIDE Patient Fund

May 2017 : Visit to the latest recipients of the Pride Patient Fund



Puan Khadijah bt Mohamed Salleh, feeling happy with our visit and the gift we brought. She's still having treatment and is staying positive.



Also paid a visit to Ms. Sugunawati a/p Kanapathy, a survivor.

In May, we paid a visit to our Pride Patient Fund recipients with some sundry goods, generously sponsored by Malaysia Agathiyar Universal Mission Organization and Tesco Stores Malaysia.

We are glad to find them doing well. Some have finished their treatments and some are still undergoing chemotherapy. They remain positive and strong in their current challenge.

Breast cancer patients and survivors who need some financial assistance, please approach us by calling 03-79600366 or email to info@pride.org.my



Donated gifts.



BERAT MATA MEMANDANG.....: DAYANG ROZIELAH ABANG HALIL (PRIDE HUGS Volun-

Assalamu'alaikum warahmatullahi wabarakaatuh dan salam sejahtera.

Sedikit pengalaman yang ingin dikongsikan bersama rakan pembaca Pride Hugs Buletin. Pada lewat Mei 2017, Pride Foundation Malaysia diwakili oleh Puan Azuwa, Ketua Pegawai Eksekutif dan 2 orang stafnya, En Herrie dan En Zhorif bersama dengan saya dan Puan Julie mewakili ahli Jawatankuasa Sukarela Pride Hugs, telah menziarahi pengidap penyakit kanser payudara, Puan Khadijah di kediaman beliau di Ampang. Tujuan ziarah adalah untuk mengenali Puan Khadijah dengan lebih dekat lagi dan menyampaikan sumbangan dari penaja.

Tiada siapa dapat menduga nasib dan kehidupan kita di masa depan. Kita senantiasa berdoa agar tidak ditimpa dengan sebarang masalah kesihatan. Kita cuba untuk menjalani hidup dengan lebih sihat baik dari segi pemakanan mahupun senaman. Realitinya, dugaan datang tanpa kita sedari.

Kunjungan kami ke rumah Puan Khadijah sudah dimaklumkan. Setibanya kami di sana, kami disambut mesra oleh anak perempuannya, Farah. Terdengar suara dari dalam menjemput kami masuk. Hati terdetik dan agak terkejut bila bersua muka dengan Puan Khadijah. Saya amat gembira dan terharu kerana diberi peluang untuk berkenalan dengan seorang wanita yang tabah, cekal dan mempunyai daya juang yang positif. Walaupun tidak segagah Wonder Woman dan pernafasannya dibantu oleh tangki oksigen mudah alih, namun Pn Khadijah masih boleh menerima kunjungan kami dengan hati yang terbuka dan ikhlas. Tutur bicaranya jelas dan raut wajahnya tidak menampakkan penderitaan yang ditanggungnya. Kagumnya saya tidak terucap.

Puan Khadijah didiagnos menghidap kanser payudara 3 tahun yang lepas. Sebelum itu, dia merupakan seorang yang aktif, sentiasa melakukan aktiviti senaman dan pada masa yang sama mengendalikan nursery menjaga anak-anak kecil dari kawasan kejirannya. Dia telah mengusahakan pusat penjagaan kanak-kanak ini semenjak tahun 1984 lagi.

Sebelum mengusahakan pusat penjagaan, Pn Khadijah merupakan seorang jururawat. Pengalamannya sebagai seorang jururawat banyak membantunya menangani permasalahan kesihatannya. Dia tabah dan akur dengan dugaan dan ujian dari Allah. Dia ingin segera sembuh. Justeru, dia menumpukan sepenuhnya kepada rawatan moden. Dia menjalani kemoterapi dan menjalani pembedahan membuang payudara kirinya. Dia bertawakal dan berserah diri pada Allah kerana dalam keadaan demikian, dia memerlukan sokongan dalaman yang kuat.

Alhamdulillah, setelah pembedahan dijalankan, kehidupan Puan Khadijah kembali normal. Namun, bak kata pepatah, ku sangka panas hingga ke petang, rupanya hujan di tengahari, dia diuji dengan dugaan lagi. Pada Disember 2016, kansernya disahkan berulang. Kesihatannya semakin merosot dan badannya semakin lemah. Dia hilang selera makan sejak menjalani kemoterapi. Makan pun 3 suap nasi sekadar untuk mengisi perut. Dia mengambil susu khas 2 kali sehari untuk menguatkan tenaganya menjalani kehidupan sehariannya. Alhamdulillah, dia dikurniakan 5 cahayamata yang setia menemaninya dan menguruskan makan minum serta aktiviti hariannya. Merekalah harapan dan penghibur hatinya. Hanya kepada Nya, dia berserah dan dari Nya dia mendapat kekuatan untuk meneruskan perjuangan hidupnya.

Semasa kunjungan kami, Puan Khadijah sudah pun menjalani 3 rawatan kemoterapi dan selera makannya bertambah baik. Alhamdulillah.

Setiap kehidupan pasti ada masalah. Jika keluhan yang diratapi, sengsara masalah akan semakin bertambah. Jika ketabahanlah yang kita bina, masalah akan terasa indah. Semoga Puan Khadijah sentiasa tabah dan cepat sembuh. Aamiin.



HOME REMEDIES

Chemo treatment can result painful mouth ulcers. Below are items that you probably have in your pantry. Try dabbing directly on the sore for natural healing.





Let's Talk About..... Healthy Living

What: Empowerment Talk

When: 29th July (Saturday), 2017

Where: Berjaya Times Square Hotel, KL.

Brought To You By



LET'S TALK ABOUT... HEALTHY LIVING

Empowerment Talk 2017

Saturday, 29th July 2017
9.00am - 5.00pm
Berjaya Times Square Hotel, KL

FREE
Goody Bags

9.00 am	Arrival Of Guests & Breakfast Time
9.30 am	Welcome Note by PRIDE CEO - Pn. Azuwa Abdullah
9.45 am	Moving On After Cancer Talk by Dr Azura Rozila Ahmad
11.30 am	Group Photo Session 1
11.45 am	Lucky Draw (Part 1)
12.00 pm	Lunch
2.00 pm	Beauty Talk and Makeup Demo by Kanebo
4.00 pm	Group Photo Session 2
4.30 pm	Lucky Draw (Part 2)
5.00 pm	-End-

Lucky Draw
Prizes
To Be Won

Fees:
 RM60 per pax for breast cancer survivor
 *Special Price: Bring another friend/family and get TWO tix for RM100 ONLY!
 (SAVE RM20!)

RM100 per pax (public)
 *Early birds price for public: RM80 per pax ONLY! (SAVE RM20!)

For more information, contact Nora at 03 7960 0366
 or WhatsApp us at 011 2108 1539

Venue Partner:



Event Sponsors:












PRIDE PICNIC CARNIVAL 2017

What : PRIDE Picnic Carnival
When : 29th October, 2017 (Sunday)
Where : PRIDE Foundation office



FREE
ENTRY FOR ALL

PRIDE Picnic Carnival

Come join in the fun while supporting a good cause...

**Charity
Carnival**

Date: (Sunday) 29th October, 2017

Time: 8.00 am - 3.00 pm

Venue: Pride Foundation Malaysia Office,
23, Lorong Tanjung 5/4D,
Off Jalan Gasing,
46000 Petaling Jaya.

Waze: "PRIDE Foundation Malaysia"

**It's
Picnic
Time**

♥ Jumble Sale ♥ Lucky Draw ♥ Free Health Screening ♥
♥ Face & Body Painting ♥
♥ Food ♥ Drinks ♥ Fun Games ♥
♥ Zumba ♥ Massage ♥ Clothes ♥ Arts & Crafts ♥

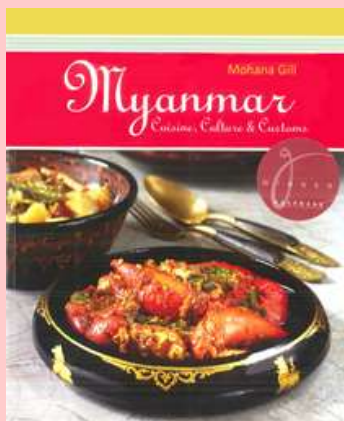
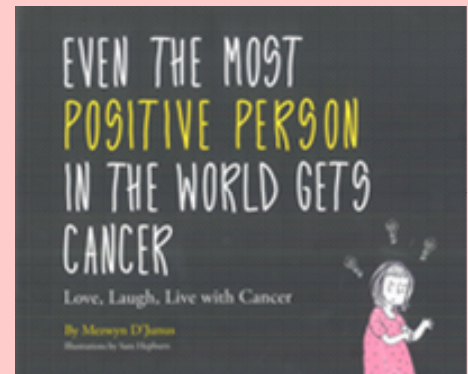
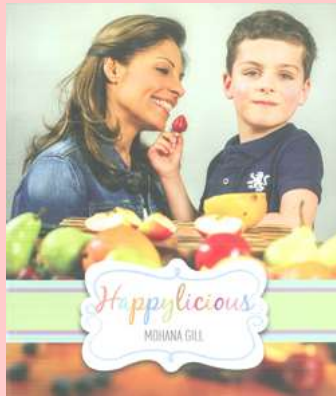
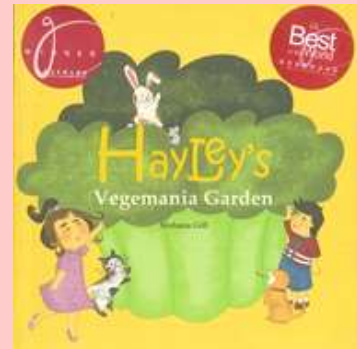
For more info, please contact:

Ms. Ammelia Mohd Ali
019-368 9955
ammelia@pride.org.my





HARI RAYA SPECIAL



**Call us for more information
at : +603-7960 0366**

