


South Asian's Programme


➤ Health talk for ladies

Date	7/1/2014 (Saturday)	
Time	1:30pm - 4:00pm	
Target	South Asian ladies	
Venue	Caritas MCKCC	
Fee	Free of charge	
Quota	50 ladies	
Topic	Hypertension, Diabetes & Breast cancer	
Content	Discussion about above diseases & Blood Pressure, Sugar and Cholesterol test	

➤ Aerobic Exercise for women


Date	15/1/2014, 22/1/2014 & 12/2/2014 (Wednesday)	
Time	2:00pm-4:00pm	
Target	South Asian ladies	
Venue	Caritas MCKCC	
Fee	Free of charge	
Quota	20 ladies	
Content	Practice a healthy life style & keep fit	

➤ Dancing Group

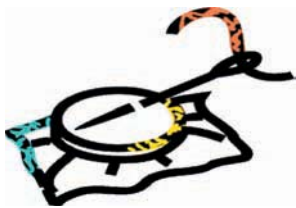
Date	18/1/2014, 25/1/2014, 15/2/2014 & 1/3/2014 (Saturday)	
Time	2:00pm-4:00pm	
Target	South Asian girls	
Venue	Caritas MCKCC	
Fee	Free of charge	
Quota	15 girls	
Content	Offer opportunities to get access to dance, build team spirit	




➤ **Art & Craft**

Date	18/2/2014, 25/2/2014, 4/3/2014, 11/3/2014 (Tuesday)	
Time	2:00pm-4:00pm	
Target	South Asian ladies	
Venue	Caritas MCKSKCC	
Fee	Free of charge	
Quota	20 ladies	
Content	To enhance their creative skill and training	

➤ **Creative women sewing class**

Date	9/1/2014, 23/1/2014, 6/2/2014, 20/2/2014, 6/3/2014, 20/3/2014 (Thursday)	
Time	2:00pm-4:00pm	
Target	South Asian ladies	
Venue	Caritas MCKSKCC	
Fee	Free of charge	
Quota	20 ladies	
Content	To enhance their creative skill and training	

➤ **Cross Cultural Learning Programme**
(Tutorial class for primary & secondary students)

Date	6/1/2014-26/3/2014 (Every Monday & Wednesday)	
Time	6:30pm-8:00pm	
Target	Non-Chinese students	
Venue	Caritas MCKSKCC	
Fee	Free of charge	
Quota	15 students	
Content	Homework guidance	

❖ For queries please contact Miss Sadaf ☎ 2816 8044