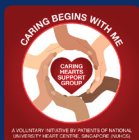


## National University Heart Centre, Singapore



# Caring Hearts Support Group (CHSG)

A voluntary initiative by cardiac patients of the  
National University Heart Centre, Singapore (NUHCS)

## Who we are

Caring Hearts Support Group (CHSG) is a voluntary initiative by patients of the National University Heart Centre, Singapore (NUHCS). The support group is established with the aim to support one another in our journey to remain heart healthy.



**Never Walk Alone**



## What we do



The H.E.L.P. Initiative is designed and supported by CHSG. Through passion and care, and with the continued educational and training support from NUHCS, we aim to instil friendship and bonding amongst heart patients to foster a heart healthy lifestyle through these initiatives.

**H**

### **Healing towards a Healthy Heart**

We work together towards attaining and sustaining a healthy heart.

**E**

### **Empower, Educate and Exercise**

Through this partnership, we empower each other through education and exercise to achieve our objectives.

**L**

### **Balanced Lifestyle and Love**

We promote a balanced and healthy lifestyle filled with meaning, love and laughter through friendship and social activities.

**P**

### **Perseverance, Progress and Prevention**

We work towards supporting each other to persevere and overcome challenges in our health progress in preventing heart attacks, blocked arteries, chronic diseases, and other heart related issues.

# Vision

To build an inspiring and caring heart patient support group that brings positive changes to the lives of heart patients and our community.



## CHSG MILESTONES

**MARCH 2018**

Official launch of CHSG with unveiling of brand, logo, tagline, vision and mission

**SEPTEMBER 2018**

1<sup>st</sup> annual retreat to Malacca

**MARCH 2019**

Marked 1<sup>st</sup> anniversary with barbecue party

**SEPTEMBER 2019**

2<sup>nd</sup> annual retreat to Penang

**APRIL 2020**

1<sup>st</sup> virtual get-together

**MARCH 2021**

3<sup>rd</sup> anniversary celebration with a walk at Coney island

**MARCH 2022**

CHSG 4<sup>th</sup> anniversary virtual celebration

**MARCH 2023**

CHSG 5<sup>th</sup> anniversary celebration



# We organise



## Caring Hearts Support Group (CHSG)

Healing towards a healthy heart	Balanced Lifestyle and Love	Empower, Educate and Exercise	Perseverance, Progress and Prevention
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# Stay connected with other heart patients. Make a difference in another heart patient's life!

Be it heart attacks, stent replacements or other heart related issues, you are not alone. Stay connected with other heart patients and play a pivotal role in making a positive difference in your own and other patients' lives.

Membership is open to heart patients who have completed their basic cardiac rehabilitation at NUHCS. No membership fees required.



## FRIENDSHIP IS A BOND, WE CHOOSE TO FORM

### CARING BEGINS WITH ME

Companionship through our friendship, presence, listening ears and fellowship.

For more information on CHSG, please contact programme volunteer



**Magdalene Chia**

[mchia@kucinta.com](mailto:mchia@kucinta.com)



## Follow NUHCS:



@nuhcsofficial



@NUHCS



@NUHCS



@NUHCS

## National University Heart Centre, Singapore (NUHCS)

NUHCS Heart Clinic @ National University Hospital (NUH)

NUH Main Building Zone F

Opening Hours: 8.00 am - 5.30 pm (Monday - Friday)

Closed on Weekends & Public Holidays

OneNUHS Hotline: (65) 6908 2222

OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

[www.nuhcs.com.sg](http://www.nuhcs.com.sg)



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