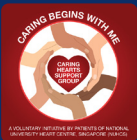




National University Heart Centre, Singapore



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

1st annual retreat to Malacca

MARCH 2019

Marked 1st anniversary with barbecue party

SEPTEMBER 2019

2nd annual retreat to Penang

APRIL 2020

1st virtual get-together

MARCH 2021

3rd anniversary celebration with a walk at Coney island

MARCH 2022

CHSG 4th anniversary virtual celebration

MARCH 2023

CHSG 5th 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

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



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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

OneNUHS General Enquiries: contactus@nuhs.edu.sg

www.nuhcs.com.sg



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Every day, we impact lives by providing assistance to
financially disadvantaged patients.

Make a donation and help us continue the fight for every heartbeat!



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