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## HEALTH

### (DAILY)

■ **HOSPITAL VISITORS BOARD OF QUEEN ELIZABETH HOSPITAL** Our role is to help the public who seek medical services at QEH to have a satisfying experience – if you have problems with the hospital services, please approach us. Call: 517555. Fax: 234297 or email: ckmalph@gmail.com.

■ **BREAST CANCER SUPPORT GROUP - REACH TO RECOVERY (RTR), SABAH FAMILY PLANNING ASSOCIATION** Listening and offering emotional support to newly and existing Diagnosed Breast Cancer patients and their families. Details: Bhabra 019-8819603, 224408, Kim 016-8155212 / 430341 or Lucilla 019-8101826 / 210570.

■ **THE KOTA KINABALU AIDS SUPPORT SERVICES ASSOCIATION (KASIH)** Help Line & Free Voluntary HIV Screening Tests, except Sun & Public Holidays. Office hours. Time: 9am to 5pm. Fri: 6pm to 9pm. Sat: 4pm to 7pm. Provide confidential / free voluntary HIV screening test (Rapid Test) during office hours, Mon to Fri. Result available 10 to 15 minutes. Details: 224600.

■ **NATIONAL STROKE ASSOCIATION OF MALAYSIA SABAH CLUB** Wisma Pandu Puteri, Kompleks Badan-Badan Sukarela, KM 4, Jalan Tuaran, KK. Therapy Sessions: 10am to 4pm. Mon to Fri. Closed on Sat, Sun & Public Holidays. Details: 261568.

■ **FEDERATION OF PRIVATE MEDICAL PRACTITIONERS ASSOCIATION OF MALAYSIA (FPMPAM)** The public can obtain medical opinions, referrals or treatment for crisis intervention, detoxification, prevention & counselling for drug abuse via [www.no2drugs.org](http://www.no2drugs.org).

### (EVERY TUESDAY)

■ **ALCOHOLICS ANONYMOUS** Meeting. Help available for those with alcohol related problems. *Anonymity assured*. Meetings in English every Tuesday at 8pm. Bahasa Malaysia every Thursday at 7pm. Details: 012-8039883 (Eng) or 016-8386386 (BM).

■ **KOTA KINABALU TOASTMASTERS CLUB** Training can assist you to enhance your communication and leadership skills. KK Toastmasters Club meets every 2<sup>nd</sup> 4<sup>th</sup> Tuesdays at Celyn Hotel, City Mall. Time: 7.30pm. Details: Florence 012-8038812 or Karen 016-8387723 or [www.kktmc.org](http://www.kktmc.org)

### (EVERY WEDNESDAY)

■ **MALAYSIAN EX-POLICE ASSOCIATION (PENAMPANG BRANCH)** Membership recruitment exercise and other related matters. Time: 2pm to 5pm (Wednesday, Thursdays & Friday), except public holidays. Venue: PME, 1<sup>st</sup> Floor, Lot 3, Block 15, Penampang Baru (Protem Office). Details: Joseph 016-8213013, 710557 (O) or 714557 (Fax).

### (EVERY THURSDAY)

■ **PALLIATIVE CARE ASSOCIATION OF KOTA KINABALU (SABAH)** Day Care Service for Palliative Home Care Patients. Details: PCAKK 231505 (Angela).