Courage Starts With a Check: SCS Launches Breast Cancer Awareness Month

Description

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October is National Breast Cancer Awareness Month, and the Singapore Cancer Society (SCS) is kicking things off with Courage Starts with a Check, a free community event at VivoCity on Saturday, 26 September 2026. Expect an evening of fireside chats, live music, educational talks and, crucially, on-site breast cancer screening, all designed to encourage more women to go for that all-important check.

Courage Starts with a Check launches at VivoCity on 26 September 2026. Photo: Singapore Cancer Society

What is on at Courage Starts with a Check

Running from 4.30pm to 9.00pm at the Outdoor Plaza on Level 1 of VivoCity (near Tim Hortons), the launch brings together survivors, healthcare experts and partners. Highlights include fireside chats with healthcare experts, on-site mammogram screening, live performances by Hady Mirza and Uber Duber, and a spread of fun activities and booths. Entry is free, and the guest-of-honour is Ms Jane Ittogi.

The programme

The evening opens at 4.45pm with a performance by Uber Duber, followed by two fireside chats: Mastering Change: Building Resilience Through Every Stage of Life at 5.05pm, and Beyond Recovery: Reclaiming Health, Confidence and Purpose at 6.10pm. There is also an Understanding Cancer Fatigue talk with a gentle chair exercise, and a Look Good, Feel Good personal-style workshop at 7.50pm, before Hady Mirza and Uber Duber close the night at 8.30pm. Registration is required for the fireside chats and can be done at the SCS NBCAM website.

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Courage starts with a check
Learn more about breast cancer

Book a mammogram on-site to receive limited-edition Breastie Bestie grip socks. Photo: Singapore Cancer Society

Screen on-site and get a little something

One of the most practical reasons to drop by is the on-site Community Mammobus. Book a mammogram at the event and you will receive a pair of limited-edition Breastie Bestie grip socks, while stocks last, as part of the gift-with-screening initiative. Regular screening remains one of the most effective ways to catch breast cancer early, so it is a small nudge towards a habit worth keeping.

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The Breastie Bestie grip socks, while stocks last. Photo: Singapore Cancer Society

For the full programme and to register for the fireside chats, visit the SCS NBCAM 2026 website. For more on staying well, see our updates on the MOH seasonal influenza vaccination, staying strong after 40 with Healthier SG, and things to do this weekend in Singapore.

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