



Diabetic Society of Singapore

UNDERSTANDING DIABETES AND ITS CONTROL SELF-CARE MANAGEMENT WORKSHOP 2017

Understanding the Management of Diabetes
A 4-week comprehensive Self-Care Management Workshop

TOPICS COVERED

- * Guidelines on diabetes self-care
- * Glucose testing and recording
- * Understanding medications
- * Foot care
- * Oral care
- * Nutrition
- * Exercise
- * Complications of diabetes
- * Travel

Course Fee: \$21.00 per person (4 sessions)
 Duration: 2-hour weekly session for 4 weeks (4 sessions)
 Target group: People with diabetes and their caregivers

Understanding Diabetes and Its Control Schedule 2017

Central Singapore DECC Blk 22 Boon Keng Road #01-15 Singapore 330022 Tel: 6398 0282		South West DECC: Blk 528 Jurong West Street 52 #01-353 Singapore 640528 Tel: 6564 9818	
ENGLISH	CHINESE March 3, 10, 17, 24 Friday 6.30-8.30 pm	ENGLISH April 6, 13, 20, 24 Thursday 6.30-8.30 pm	CHINESE
June 2, 9, 16, 23 Friday 6.30-8.30pm	MALAY February 3, 10, 17, 24 Friday 6.30-8.30 pm		August 3, 10, 17, 24 Thursday 6.30-8.30 pm
October 6, 13, 20, 27 Friday 6.30-8.30 pm	September 4, 11, 18, 25 Friday 6.30-8.30 pm		

For registration, please call the respective centres.

Please note that the above dates may be subject to change.

Supported by Lions Diabetes Program

