

Take charge of your life starting this year!

Attend our highly acclaimed course on diabetes prevention & care

Diabetes Care: Understanding the Truth & Myths



Module 1: What is Diabetes?

Can diabetes be cured? What happens if I over-manage my blood glucose level? We will help you clarify all these questions!

Module 2: Clinical Aspects of Diabetes

You will know all about the chemistry, technology and science behind diabetes medication and screening!



Module 3: Lifestyle and Exercise

How do you take diabetes "a step at a time"? This exercise-focused module will get you moving!



Module 4: Stress and Relaxation

Diabetes can involve the mind? Yes, stress management is a great tool for managing diabetes, which you will find out here!



Module 5: Diet in Diabetes Management

Diabetes doesn't mean no more good food. Reassure your taste buds at this module while staying healthy. It can be done!



Timing:

5 Saturday sessions, 2 to 5pm

Fees: \$70 (\$14 for SC/SPRs 50 years old and above)

Email: dss@diabetes.org.sg

Phone: 65649818

Run 1

Run 2

Module 1: What is Diabetes?

2 March

25 May

Module 2: Clinical Aspects of Diabetes

9 March

1 June

Module 3: Lifestyle & Exercise

16 March

8 June

Module 4: Stress and Relaxation

23 March

15 June

Module 5: Diet in Diabetes Management

30 March

22 June

Venue

LIFE Centre, SGH
Bowyer Block A (Clock
Tower) Level 1
S169608

Civil Service Club
Tessensohn Clubhouse
60 Tessensohn Road
S217664

Here is what our participants have to say after having insight to the 360° view on Diabetes:

I feel empowered by the knowledge imparted in the course. The label reading and cooking sessions were especially insightful and useful

Sharon Chang
2018 participant

As part of:



I have already recommended the course to my friends who will be attending in the next run.

Batmah Ramasamy
2018 participant