

Understanding Diabetes and In Control Self-Care Management Workshop 2011



Understanding Diabetes and In Control is a 4-week comprehensive Self-Care Management Workshop.

Topics covered in the class include:

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

Cost Fee: \$21 per person (4 sessions)

These classes are offered at:

South West DECC Blk 528 Jurong West Street 52, #01-353 S640528 Tel: 6564-9818

DSS @ Bedok Blk 141 Bedok Reservoir Road #01-1529 S470141 Tel: 6842-3382

Central Singapore DECC Blk 22 Boon Keng Road #01-15 S330022 Tel: 6398-0282

Understanding Diabetes and In Control Schedule 2011

CENTRAL SINGAPORE DECC		DSS @ BEDOK		SOUTH WEST DECC	
ENGLISH	CHINESE	ENGLISH	Malay	ENGLISH	CHINESE
Mar 8,15,22,29 Tuesday 6-8pm		Apr 7,14,21,28 Thursday 6-8pm		Feb 1,8,15,22 Tuesday 6-8pm	
	May 5,12,19,26 Thursday 6-8pm		Aug 4,11,18,25 Tuesday 6-8pm		Apr 5,12,19,26 Tuesday 3-5 pm
Jul 5,12,19,26 Tuesday 6-8pm				Jun 2,9,16,23 Thursday 6-8pm	
	Sep 6,13,20,27 Tuesday 6-8pm				Oct 4,11,18,25 Tuesday 6-8pm

Kindly note that the above dates are subject to change. Please call the respective centres to register.



Supported by Lions Diabetes Program