

## A WORKSHOP ON "MANAGING YOUR DIABETES DURING RAMADAN"

**Date** : 10 July 2010, Saturday  
**Venue** : Hong Kah Diabetes Education and Care Centre Blk 528 Jurong West 52 #01-353 S640528  
**Date** : 24 July 2010, Saturday  
**Venue** : DSS HQ @ Bedok Blk 141 Bedok Reservoir Road #01-1529 S470141)  
**Time** : 1.00 to 3.00pm  
**Cost** : \$5 per person  
**Speaker** : Sister Rohanah Pagi, Diabetes Nurse Educator



**To register, kindly call:**  
 Hong Kah Diabetes Education and Care Centre @ 6564-9818 / 9819  
 DSS HQ Bedok @ 6842 3382 / 6019

Organised by:  
 Diabetic Society of Singapore

## Understanding Diabetes and In Control

Understanding Diabetes and In Control is a 4-week comprehensive diabetes class.

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:

- Central Singapore DECC  
Blk 22 Boon Keng Road #01-15  
Tel: 6398-0282
- DSS @ Bedok  
Blk 141 Bedok Reservoir Road #01-1529  
Tel: 6842-3382
- South West DECC  
Blk 528 Jurong West St 52 #01-353  
Tel: 6564-9818

CENTRAL SINGAPORE DECC		DSS @ BEDOK		SOUTH WEST DECC	
ENGLISH	CHINESE	ENGLISH	Malay	ENGLISH	CHINESE
May 6,13,20,27 Thursday 6-8pm		May 8,15,22,29 Sat 8:30am-12:30pm			May 4,11,18,25 Tuesday 6-8pm
	Jul 1,8,15,22 Thursday 6-8pm		Jul 3,10,17,24 Sat 8:30-12:30pm	July 6,13,20,27 Tuesday 3-5pm	
Sep 2,9,16,23 Thursday 6-8 pm		Sep 2,9,16,23 Thursday 6-8 pm			Sep 7,14,21,28 Tuesday 3-5pm
	Nov 4,11,18,25 Thursday 6-8pm		Nov 4,11,18,25 Thursday 6-8pm	Nov 2,9,16,23 Tuesday 6-8pm	

**Kindly note the above dates may be subject to change. Please call the respective centres to register.**

