

Sentosa Nature Discovery

Living well with Diabetes, it's in your hands!

By Rodiah Hashim



This year's one-day retreat for adults with diabetes was held at the Monarch Room 1, Butterfly Park, Sentosa Island.

To help participants gain a better understanding of diabetes and boost their confidence in effective diabetes self-care management techniques, they were led through talks, quizzes, workouts and interactive games.

We were privileged to have as our speakers Dr Ben Ng, consultant endocrinologist from Changi General Hospital, Mr For Wei Chek, dietitian and manager, Mt Alvernia Hospital, Ms Stephanie Tan, physiotherapist and clinical coordinator, LIFE Centre Singapore General Hospital,

and Ms Juliana Lim, member and support group volunteer. Together with diabetes nurse educators P Ramesh and Ling Ying, they illuminated the fact that healthy lifestyle regimes can be interesting and fun as well.

There were two other important takeaways:

- forging a good social networking platform for participants to communicate, interact and share their experiences and views on diabetes with other participants.
- "If you can't fight it, control it."

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Workshops Diabetes Self-Care Management (Mandarin)

5, 12, 28 Jun and 3 July
AWWA SAC
Blk 123 Ang Mo Kio

6, 13, 20 and 27 August
Thye Hwa Kwan SAC
Blk 118 Bukit Merah View

Self-Care Management Workshops (SCMW) went offsite when Tsao Foundation collaborated with DSS to do a series of talks in Mandarin at their senior activity centres.

Run by our new team of dynamic diabetes nurse

educators, the workshops were a hit with the participants who were mostly elderly retirees and homemakers.

For enquiries on future workshops, please contact DSS at 6842 6019.

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