



COOKING TO MANAGE DIABETES

Participants will get to cook a healthy meal and taste it too...

Date: Saturday, 4 May 2013
Time: 2.00pm to 4.00pm
Venue: Block 8, Level 5
Food Production Lab,
Temasek Polytechnic
21 Tampines Avenue 1

\$5.00 only for DSS member
\$10.00 for non-members

ORGANISED BY



UPCOMING
EVENT
1

DSS EXERCISE PROGRAMME at Tan Tock Seng Hospital

Duration per session : 1 hour
Saturday, 23 March 2013 to 8 June 2013

12 Exercise Sessions
plus Educational Topics (Online Tutorial)

Session 1 & 2:	Exercise Precautions
Session 3 & 4:	Home Exercise
Session 5 & 6:	Ways to Increase PA
Session 7 & 8:	Exercise Motivation
Session 9 & 10:	Healthy Diets
Session 11:	Goal Setting
Session 12:	Programme Review

For enquiries,
please contact
6842 6019.

- * Each session consists of warm up and cool down exercises and education.
- * Participants are required to bring their hypocount kit to every session.



JOIN
US!

Diabetic Society of Singapore will be holding its 42nd Annual General Meeting.

Date: Sunday, April 21, 2013
Time: 2:30pm
Venue: Victoria Room, Level 3
SAFRA Toa Payoh
293, Lorong 6, Toa Payoh
Singapore 319387

**EXCURSION TO HORT PARK
IN JUNE!**
**DETAILS ON
OUR DSS WEBSITE SOON!**

**LOG ONTO WWW.DIABETES.ORG.SG
OR RING 68423382.**

DSS HQ @ Bedok

Blk 141 Bedok Reservoir Road
#01-1529
Singapore 470141
Tel: (65) 6842 6019 /3382
Fax: (65) 6842 3118
Opening Hours:
Mon-Fri 8.30am - 5.00pm
Sat 8.30am - 12.30pm

FOR THE
LATEST ON
DSS EVENTS,
LOG ONTO
www.diabetes.org.sg

Hong Kah Diabetes Education & Care Centre

Blk 528 Jurong West St 52 #01-353
Singapore 640528
Tel : (65) 6564 9818, (65) 6564 9819
Fax: (65) 6564 9861
Opening Hours:
Mon-Fri 8.30am - 5.00pm
Sat 8.30am - 12.30pm

Central Singapore Diabetes Education & Care Centre

Blk 22 Boon Keng Road #01-15
Singapore 330022
Tel : (65) 6398 0282
Fax : (65) 6398 0275
Opening Hours:
Mon-Fri 8.30am - 5.00pm
Sat 8.30am - 12.30pm

Educational Tour

Yakult & Unicurd Food Factories

Date: Tuesday, 30 April 2013

UPCOMING
EVENT
2

9.30am Gather at Newton Hawker Centre Carpark
9.45am Leave for Unicurd Food Factory at Senoko Avenue
10.30am Start of Unicurd Food Factory Tour
11.30am Leave for lunch at nearest food centre
1.30pm Leave for Yakult Factory at Senoko South Rd
2.00pm Start of Yakult Factory Tour
3.30pm Leave for Newton Hawker Centre Carpark

\$8.00 for DSS members; \$10.00 for non-members

Registration forms for both events are available at www.diabetes.org.sg
For enquiries, please contact 6842 6019.