



**D**iabetes Support Group's last event for 2013 was held on Saturday, 23 November 2013. The event kicked off at 3.25pm in DSS HQ's Activity Room where pre-blood glucose readings were executed for all 20 participants.

Juliana, DSG team leader led the group exercise with a CD provided by Health Promotion Board called "Fabulous". It provides guidance on how to enhance our

flexibility, balance, and strength. 'Fabulous' offers two different routines – Indoor and Outdoor. Each routine comprises four levels of intensity.

We combined some of the indoor and outdoor exercise and had a great workout for one hour or so. Workout bands were distributed to all participants to teach them the ropes of resistance and stretching exercises. Diabetic nurse educator Ling

Ying helped in managing the video program.

After the workout and some snacks, we gathered for the group sharing facilitated by Juliana. Each took turns to introduce about him/herself and his/her medical history, and share tales of coping and diabetes management. We later adjourned for some dinner at a coffee shop.

**WE'D LOVE TO SEE YOU AT OUR NEXT MEET ON 15 FEBRUARY. TAKE A WALK WITH US, EAT WITH US AND FIND OUT HOW FUN AND HELPFUL IT CAN BE TO SHARE STORIES AND IDEAS ON HOW TO MANAGE YOUR DIABETES.**

### 2014 DSG Calendar

	ACTIVITY	DATE	MEETING POINT	TIME
1	WALK CENTRAL CATCHMENT NATURE RESERVE (MACRITCHIE) @ TREETOP WALK	Saturday, 15 February	Marymount MRT	9am
2	WALK SOUTHERN RIDGES - FROM MARANG TRAIL TO CANOPY WALK	Saturday, 29 March	Harbourfront MRT	5pm
3	WALK @ GARDENS BY THE BAY N MARINA BAY (MARINA BAY-MBS-GBB-HELIX-CITY HALL)	Saturday, 26 April	Marina Bay MRT	5pm
4	HEALTHY EATING CUM MEET N SHARE @ DSS BEDOK	Saturday, 10 May	Bedok DSS	11.30am
5	WALK PASIR RIS PARK	Saturday, 24 May	Pasir Ris MRT	9am
6	WALK TAMPINES ECO GREEN	Saturday, 21 June	Tampines MRT	9am
7	WALK ADMIRALTY PARK	Saturday, 19 July	Woodlands MRT	5pm
8	WALK LABRADOR NATURE RESERVE - WALKING TRAIL	Saturday, 23 August	Labrador Park MRT	9am
9	WALK CHANGI POINT COASTAL WALK	Saturday, 20 September	Bedok MRT	5pm
10	WALK BUKIT BATOK NATURE PARK	Saturday, 18 October	Bukit Batok MRT	9am
11	HEALTHY EATING CUM MEET N SHARE @ DSS BEDOK	Saturday, 15 November	DSS Bedok	11.30am
12	WALK SINGAPORE BOTANIC GARDENS	Saturday, 29 November	Botanic Gardens MRT	9am