

DSS kept itself very busy in the heartlands with health screening programs, self-management workshops and forums and talks. Here are some of the events held between October and December 2013. Look out for similar events in 2014. DSS mobile clinic schedule is also now available at www.diabetes.org.sg

By Rodiah Hashim

OUTREACH HEALTH SCREENING PROGRAMS OCT - DEC 2013

06-Oct-13	World Mental Health Day Carnival at Jurong Spring Community Club
20-Oct-13	Mental Resilience Day @ Bukit Batok East Community Club
27-Oct-13	Healthy Lifestyle Fare 2013 at Toa Payoh Central Community Club
16-Nov-13	Sikh Welfare Council - SIWEC Welfare Day at Sikh Temple Towner Road
01-Dec-13	Health Screening at Church of St Mary of the Angels, Bukit Batok East

Health Screening



Public Forum Eye-ducation

A public forum by Singapore National Eye Centre (SNEC) supported by DSS was held at the SNEC auditorium on 14 September 2013.

Ms Crystal Lee, a DSS Diabetes Nurse Educator, spoke to a crowd of 100 participants, together with consultants from SNEC about:

- **Diabetes Management**
- **Diabetic Retinopathy**
- **Age-Related Macular Degeneration (AMD)**
- **Floater & Flashes.**



Health Talks Diabetes Self-Care Management Workshops (Mandarin)

Self-Care Management Workshops in Mandarin for the Tsao Foundation continued from September to November 2013 at the following venues:

- 3, 10, 17 and 24 Sep 2013 at AWWA Kreta Ayer**
- 1, 8, 22 and 29 Oct 2013 at THKSAC@Telok Blangah**
- 4, 11, 18 and 25 Oct 2013 at Kreta Ayer SAC@Kukoh**
- 5, 12, 19 and 26 Nov 2013 at CCNSAC Ang Mo Kio Ave 10**

New workshop dates in 2014 are now available. Log onto www.diabetes.org.sg or check the back cover of this issue for details.

