

UNDERSTANDING DIABETES AND ITS CONTROL SELF-CARE MANAGEMENT WORKSHOP 2015

Understanding the management of Diabetes
A 4-week comprehensive Self-Care Management Workshop.

TOPICS COVERED:

Guidelines on diabetes self-care
Glucose testing and recording
Understanding medications
Foot care
Nutrition
Exercise
Complications of diabetes

Classes offered at:

South West DEC:
Blk 528 Jurong West Street 52 #01-353
Singapore 640528
Tel: 6564 9818

DSS@Bedok:
Blk 141 Bedok Reservoir Road #01-1529
Singapore 470141
Tel: 6842 3382

Central Singapore DECC:
Blk 22 Boon Keng Road #01-15
Singapore 330022
Tel: 6398 0282

Understanding Diabetes and Its Control Schedule 2015

CENTRAL SINGAPORE DECC		DSS@BEDOK		SOUTH WEST DECC	
ENGLISH	CHINESE	ENGLISH	MALAY	ENGLISH	CHINESE
<p>June 5, 12, 19, 26 Friday 6-8pm</p> <p>November 6, 13, 20, 27 Friday 6-8 pm</p>	<p>September 4, 11, 18, 25 Friday 6-8 pm</p>	<p>April 9, 16, 23, 30 Thurs 6-8 pm</p>	<p>May 6, 13, 20, 30 Wed 6-8pm Sat 1.30-4pm</p>	<p>April 8, 15, 22, 29 Wed 6-8pm</p>	<p>August 6, 13, 20, 27 Thurs 6-8pm</p>

Course Fee: \$21.00 per person (4 sessions)
For registration, please call the respective centres.

Please note that the above dates may be subject to change.

Supported by Lions Diabetes Program

