

VOLUNTEER APPRECIATION DAY **Rodiah Hashim**

DSS's Volunteer Appreciation Day on Saturday, 7 February 2015 was a time to show our sincere heartfelt appreciation towards the dedicated team of volunteers comprising individuals from all walks of life.

It was an afternoon of good food, games and interaction of fellow volunteers who had given their precious time and effort to help in our outreach activities, in organising programs and penning regular contributions to our publications.

Guests were also treated to half an hour of learning to laugh by Maximum Wellness followed by a sumptuous spread, and ending off with the proverbial lucky draw.

For the door gift items and lucky draw prizes, DSS would like to thank Abbott Diabetes Care, National Council of Social Service, Soyjoy, Zowa Trading Company, Maximum Wellness and Eastern Pretech for their generosity.



PUBLIC FORUM IN MALAY

"Penjagaan Diabetes Menjelang Ramadan"

Date: 30 May 2015

For enquiries, please ring 6842 6019

PAST OUTREACH PROGRAM

18 Jan 2015	Seniors Appreciation Day Aljunied Constituency Committee Blk 136 Bedok Reservoir Road
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MOBILE CLINIC 2015 SCHEDULE & FULL 2015 DSG SCHEDULE AVAILABLE ONLINE AT WWW.DIABETES.ORG.SG

DIABETIC SUPPORT GROUP (DSG) CALENDAR (APRIL to AUGUST 2015)

25 Apr 2015, 4.00pm
Park Connector (PCN) Walk
Central Route 3 (5.6 km)

16 May 2015, 11.30am
Healthy Baking and
Vegetarian Cooking
@Bedok DSS

30 May 2015, 4.00pm
Park Connector (PCN) Walk
Central Route 4 (6.7 km)

12 Jun 2015, 7.30pm
Mobile Apps Sharing
by Aparna on
Diabetes Management
@DSS HQ Multi-Function room

27 Jun 2015, 4pm
Park Connector (PCN) Walk
Central Route 5 (7.5 km)

11 Jul 2015, 11.30am
Healthy Eating cum
Meet & Share

25 Jul 2015, 4pm
Park Connector (PCN) Walk
Central Route 6 (5.3 km)

29 Aug 2015, 4pm
Park Connector (PCN) Walk
Central Route 7 (4.5 km)

**Care to join us
for our next
DSG outing/
meeting?
Ring Juliana at
9278 2084 for
information.**

*Please bring
your own blood
glucose meter for
all DSG activities.*

*Bring an
umbrella and
wear a good
pair of walking
shoes for outdoor
activities.*

**FOR THE
LATEST ON
DSS EVENTS,
LOG ONTO
www.diabetes.org.sg
For enquiries,
please contact
6842 6019.**