

新加坡世界糖尿病日  
Hari Kesihatan Diabetis Sedunia  
உலக நீரிழிவு நாள் சிங்கப்பூர்

# 2015 world diabetes day Singapore

## Beat the Bulge!

## Healthy lifestyle the Way to Go!



Act to change your life today

Guest-of-Honour  
Dr Amy Khor

Senior Minister of State for Health  
and Environment & Water Resources

**FREE ADMISSION**

Date : Sunday 15 November 2015  
Venue : Suntec Singapore Convention &  
Exhibition Centre (Level 3)  
Time : 9:00 am to 4:00 pm

### ACTIVITIES

- + Have your HbA1c tested for free! (First-come, first-served basis)
- + Blood pressure and body mass index checks
- + Eye check for people with diabetes by Singapore National Eye Centre
- + Foot screening by Podiatrists
- + Exercise and Healthy Cooking Demonstrations
- + Have a chat with Dietitians, Nurse Educators and Physiotherapists
- + Educational talks on diet, weight control and exercise
- + Learn about insulin and injectable devices
- + Exhibition & Sale of diabetes-related products
- + Free Goodie Packs for participants (while stocks last)

For more information, please contact Diabetic Society of Singapore (DSS)  
68423382 or 68426019  
[www.diabetes.org.sg](http://www.diabetes.org.sg)

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