

## DSS Support Group Meet & Share

Join us for our next support group event today! Call Juliana at 9278 2084 for more details or to register.

### DSG CALENDAR 2016

#### 30 July 2016

##### Choa Chu Kang Farm Tour

Time: 9.30am  
 Meeting point: Choa Chu Kang MRT Passenger Service Area  
 Max number of pax: 40  
 Duration: 4 hours  
 Transport to and fro provided  
 Return back to Choa Chu Kang MRT

#### 27 August 2016

##### DSG Walk – Tiong Bahru Heritage

Venue: Tiong Bahru Heritage Walk  
 Time/Dinner: To be confirmed  
 Meeting Place: Tiong Bahru MRT Station Passenger Service Area

#### 24 September 2016

##### DSG Walk – Chinese Garden or Gardens By The Bay (tbc)

Time: 4pm  
 Meeting Place/Dinner: To be confirmed

#### 22 October 2016

##### DSG Walk – Little India

Venue: Little India  
 Time: 4pm  
 Meeting Place: Little India MRT Station Passenger Service Area  
 Dinner: Banana Leaf Apollo Little India

1. Program subject to change due to weather conditions or unforeseen circumstances. Please look out for email updates.
2. Please wear good walking shoes.
3. Check your feet for cuts/wounds, and alert event coordinators if you have any. Please do not proceed with the activity if you have cuts or wounds on your feet.
4. Let's cultivate great exercise habits! Bring along your own blood glucose metre!
5. Please bring along: umbrella, plain water as well as snacks (e.g. biscuits, in case of hypoglycaemia).
6. Meals will be at your own expense, unless stated otherwise.

Rodiah Hashim

## Past Outreach Programs May to June 2016

### 19 May 2016

Lunch Talk for staff of MSD Pharma (Singapore) Pte Ltd  
 Dispelling the Myths of Diabetes Hypertension and Cholesterol by Dr Ben Ng



### 28 May 2016

Health Talk in Malay  
 Boleh Kah Pesakit Diabetes Berpuasa di Bulan Ramadan?  
 Interactive Talk  
 Diabetes Coffee Talk with Dr Ben

### 5 Jun 2016

Health Talk in Tamil for Indian Muslims  
 Developing Healthy Habits in Ramadan  
 by Dr Kalpana Bhaskaran



## FOR DSS MEMBERS

Purchase any 2 boxes of BD Pen needles or Insulin syringes (6mm or 8mm) and receive a free box of Alcohol Swabs.

Valid: 1 August to 30 September 2016

Call DSS at 6842 6019 /3382 for more information.

For the latest on DSS events, check out [www.diabetes.org.sg](http://www.diabetes.org.sg) or call 6842 6019