DSS OUTREACH PROGRAMS MARCH - MAY 2017



11 Mar 2017 Diabetes Talk @ Singapore Heart Foundation



12 Mar 2017 Lions Befrienders Food & Fun Fair @ Raffles Institution



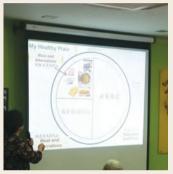
14 Mar 2017 Diabetes Talk at Lions Befrienders Senior Activity Centre @ Tampines Blk 499C



15 Mar 2017 Diabetes Talk at National Environment Agency (NEA)



21 Mar 2017
Diabetes Talk at Lions
Befrienders Senior Activity
Centre @ Clementi



27 Mar 2017 Diabetes Talk at Lions Befrienders Senior Activity Centre @ Bendemeer



26 Apr 2017 Diabetes Talk at Lions Befrienders Senior Activity Centre @ Ghim Moh



13 May 2017 Ramadan Talk: Ramadan, Diabetes & Anda

UNDERSTANDING

Pianetes

UNDERSTANDING THE MANAGEMENT OF DIABETES

A 4-week comprehensive Self-Care Management Workshop

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

& ITS CONTROL

SELF-CARE MANAGEMENT WORKSHOP 2017

Central Singapore DECC Blk 22 Boon Keng Road

#01-15Singapore 330022

Tel: 6398 0282

ENGLISH

Oct 2017 6, 13, 20 & 27 Friday 6.30pm – 8.30pm

CHINESE

Sep 2017 8, 15, 22 & 29 Friday 6.30pm – 8.30pm South West DECC
Bk 528 Jurong West Street 52
#01-353 Singapore 640528
Tel: 6564 9818

CHINESE

Aug 2017 3, 10, 17 & 24 Thursday 6.30pm – 8.30pm

Course Fee: \$21.00 per person (4 sessions)

Duration: 2-hour weekly session for 4 weeks

Target group: People with diabetes and their caregivers

For registration, please call the respective centres.

Organised by

Supported by Lions Diabetes Program



