

# 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.

**1 July 2017 (Sat)**

2nd Quarterly Gathering for DSS Members  
Time: 2.00pm – 5.00pm  
Venue: DSS HQ @ Bedok Reservoir  
Activity Room  
Blk 141 Bedok Reservoir Road

**22 July 2017 (Sat)**

Walk @ MacRitchie Reservoir  
Time: 3.30pm – 6.30pm  
Meeting Point: Marymount MRT  
Maximum number of pax: 40  
Dinner: MacRitchie Amenities Centre

**26 August 2017 (Sat)**

Walk @ Singapore Riverside  
Time: 3.30pm – 6.30pm  
Meeting Point: Clarke Quay MRT  
Maximum number of pax: 40  
Dinner: Nearby eateries

**2 September 2017 (Sat)**

3rd Quarterly Gathering for DSS members  
Time: 2.30pm – 5.00pm  
Venue: TBC

**9 September 2017 (Sat)**

Changi Airport Heritage Tour  
Time: 9.00am – 11.00am  
Meeting Point: Changi Airport MRT  
Maximum number of pax: 40  
Dinner: Changi Airport

**23 September 2017 (Sat)**

Walk @ Labrador Nature Reserve  
Time: 3.30pm – 6.30pm  
Meeting Point: Labrador MRT  
Maximum number of pax: 40  
Dinner: Nearby eateries

**14 October 2017 (Sat)**

DSG Healthy Cooking Demo – Session I  
Time: 9.00am – 12.00pm  
Venue: DSS HQ @ Bedok Reservoir  
Activity Room  
Maximum number of pax: 25

**28 October 2017 (Sat)**

Walk @ Bishan Park & Lower Peirce Boardwalk  
Time: 3.30pm – 6.30pm  
Meeting Point: Bishan MRT  
Maximum number of pax: 40  
Dinner: Nearby eateries

All meals at own expense unless otherwise stated

Juliana Lim

## 29 APRIL 2017 Sentosa Boardwalk



The weather was cool after the morning rain. Participants arrived punctually at 3.30pm and gathered at the HarbourFront MRT Exit E facing VivoCity. We grouped participants into five teams (A to E) with their respective group leaders to facilitate test-taking, more interaction and sharing.

The walk started from the end of VivoCity at the entrance of the Sentosa Boardwalk after pre-blood glucose tests were taken. We enjoyed free entry as the fee has been waived till end of the year. At Crane Walk, a group of podiatrists from National Health Group Polyclinics (NHGP) led an enjoyable 20-minute warm-up exercise, incorporating some much-needed stretching.

Along the way to Festival Walk and Imbian Lookout, we were attracted to some colourful macaws with their piercing cries. The walk ended at Madame Tussauds where post-blood test readings were taken. From there, participants proceeded to Imbiah Station via the escalators and returned to VivoCity.

We would like to express our sincere thanks to the NHGP team of podiatrists, the Diabetes Support Group team leaders (Benson, Albert, Christine, Christina and Maureen) for guiding the walk participants and the Diabetic Society of Singapore.

