

28 APR 2018 TAMPINES ECO GREEN WALK

Our third walk for the year was held at the Tampines Eco Green Park. This “one of a kind” park has neither lights nor pavements while at the same time hidden away between the expressway and Tampines Ave 12. Thirty-nine enthusiastic participants, including experienced and volunteer Diabetes Nurse Educators (DNEs) Mdm Lai Yee Khim and Ms Rose Tan, gathered in the Tampines MRT (East West Line) from as early as 3pm. We left the Tampines MRT station at 3.45pm heading to Sun Plaza Park where the pre-blood glucose tests were taken in a sheltered multi-purpose hall, by Rose Tan (DNE) and Christine, with recordings by Michael.

Mr Kwan Hun (wildlife researcher) who joined us for the walk, introduced to us the various wildlife spots, trees and different plants in the park. We exited the park when the weather changed and took shelter at a void deck nearby.

Jenniser and Kean, two trainers from “Happy Fit”, led us in a 20-minute exercise session. All the participants had a lot of fun, gamely joining in the various workouts with much verve and laughter. Many sought advice from the duo for their various concerns. Next up was a 10-minute sharing from the Vitalize project group of four students from Hwa Chong Institution. They have organised a “walkathon” and intend to invite us to their event.

The walk ended with the post-blood test readings taken by Rose and Mdm Lai and recordings by Michael. With a slight drizzle in the air, we all walked back along the Tampines Park Connector. Finally, we reached Tampines MRT Station at 6.45pm. Most participants adjourned for dinner in the 40-stall Kopitiam at Tampines Hub while the rest returned home. Join us for our next walk in July!

