



Understanding Diabetes and In Control Self Care Management Workshop 2012

Understanding the management of Diabetes. It is a 4-week comprehensive Self Care Management Workshop. Topics covered in the class include:

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

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

These classes are offered at:

South West DECC Bk 528 Jurong West Street 52, #01-353 Singapore 640528 Tel: 65649818

DSS@Bedok Blk 141 Bedok Reservoir Road #01-1529 Singapore 470141 Tel: 68423382

Central Singapore DECC Blk 22 Boon Keng Road #01-15 Singapore 330022 Tel: 63980282

Understanding Diabetes and In Control Schedule 2012

CENTRAL SINGAPORE DECC		DSS@BEDOK		SOUTH WEST DECC	
ENGLISH	CHINESE	ENGLISH	MALAY	ENGLISH	CHINESE
February 7,14,21,28 Tues 6-8pm		March 1,8,15,22 Thurs 6-8pm		March 6,13,20,27 Tues 6-8pm	
	April 3,10,17,24 Tues 6-8pm				
June 5,12,19,26 Tues 6-8pm			May 1,8,15,22 Tues 6-8pm	July 3,10,17,24 Tues 6-8pm	
	Aug 7,14,21,28 Tues 6-8pm				September 4,11,18,25 Tues 6-8pm
October 2,9,16,23 Tues 6-8pm					

Please note that the above dates may be subject to change. For registration, please call the respective centres

Supported by Lions Diabetes Program

