

Terms and Conditions:

- 1) The participant must be between the ages of 21 and 55 years old.
- 2) The participant is ambulant and does not need the assistance of a wheelchair.
- 3) This retreat is open to the first 40 participants with diabetes and partner who can be either a member of the family, a friend or caregiver.
- 4) Twin Sharing accommodation for one night is provided inclusive of breakfast, lunch, BBQ dinner and 3 tea breaks.
- 5) Please note that the cost does not cover incidental charges such as usage of telephone line, mini bar, snack bar, room service. There is no insurance coverage involved in this retreat.
- 6) DSS will not be held liable for any unforeseen circumstances, injury / mishap that may arise during the event.
- 8) Please note that you will need to pay a refundable deposit of \$50 upon checking in as required by the hotel either in cash or credit card. The amount will be refunded upon checking out if no items in the room or any form of room service has been used during your stay.
- 9) A free parking coupon will be issued if you decide to drive yourself to Changi Village Hotel
- 10) Please ensure that you bring your glucometer, ample supply of your usual dose of medicines and insulin supplies.
- 11) No Refunds will be given upon cancellation regardless of reasons.



DIABETIC SOCIETY OF SINGAPORE



Theme: Take Charge, Be In Control! (A Retreat for adults with Type 2 Diabetes)

Date: 31st July – 1st August
Retreat Begins: 1330hrs on 31st July 2010
Retreat Ends: 1700 hrs on 1st August 2010
Venue: Changi Village Hotel
1 Netheravon Road S 508502
Tel: 63797111

Cost:
\$150 (Member)
\$170 (Non Member)

The objective of the camp is to provide a safe environment for you to meet other adults with diabetes, learn and share your experiences and become more responsible for your diabetes care. It is hoped that through this camp you will realize that nothing is impossible once you set your mind on reaching a target.

Program Details:

An interactive workshop titled “My Journey with Diabetes” by Ms Yang Su-Yin, Senior Psychologist, Psychology Services, Tan Tock Seng Hospital

An Educational Talk by Dr Kevin Tan Eng Kiat
Consultant Diabetologist and Endocrinologist
Mt Elizabeth Medical Centre

Work it out with Eric
Senior Physiotherapist
Singapore General Hospital

Understanding the effects of diet on blood sugar and diabetes control. Realize how eating rather than dieting can help you better manage your weight and allow food to be enjoyable again by
Dietician, Mrs Kalpana Bhaskaran.

An interactive session with the doctor, diabetes nurse educator, dietician, psychologist and physiotherapy.

BBQ Dinner by the poolside with fun interactive games.
Prizes to be won!!!

Buffet Lunch at Salt Water Café

Big Walk by the Beach

Free goodie bag for all participants

Registration

Name of Participant:	NRIC:
Age:	
Date of Birth:	
Address:	
Gender: Male/ Female *	
Telephone No. (Home):	
Telephone No.(Mobile):	
Are you a member of DSS?	
Contact No. in case of emergency: Name:	No:
Do you have any drug allergy? If yes please specify.	
Please state your daily medication regime:	
I would need a pair-up partner for twin sharing room. Yes / No	
Name of Accompanying Adult:	
NRIC:	Relationship:
Is your accompanying adult a member of DSS: Yes / No	
Please indicate room type : <input type="radio"/> Two Single Bed <input type="radio"/> King size bed	
I am agreeable of the terms and conditions mentioned for this event:	
Yes / No	
Signature:	Date:

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Note: Registration is given priority based on the date they are received-so register early! Please send registration forms, as well as camp fees, no later than **10th July 2010**. Payment by Cheque to “**The Diabetic Society Of Singapore**”. Please send to:
Diabetic Society of Singapore, Blk 141 Bedok Reservoir Road, #01-1529 , Singapore 470141
Please write your name and Contact No. at the back of the Cheque or You may proceed to any of our centres to pay by cash. Call 6842 3382 / 9711 0132 for more details