

Take Charge, Be In Control!

A Retreat for Adults with Type 2 Diabetes

Date : 31 July – 1 August
Retreat Begins : 1.30pm on 31 July 2010
Retreat Ends : 5.00pm on 1 August 2010
Venue : Changi Village Hotel, 1 Netheravon Road S 508502 Tel: 63797111
Cost : \$150 (Member) \$170 (Non-Member)

Note: Registration is on a first-come, first-served basis, so register early! Please send registration forms, as well as camp fees, no later than 10 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 number at the back on the cheque or you may proceed to any of our centres to pay by cash. Please visit our website at www.diabetes.org.sg for the registration form.

Call 6842 3382 / 9711 0132 to find out more.

Program Highlights

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

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

An interactive session with the doctor, diabetes nurse educator, dietitian, psychologist and physiotherapist

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