



DSG Diary

by **Juliana Lim**

26 March

Gathering cum Sharing @ Kopitiam, Novena Square

Our DSG members regularly communicate with one another via the online discussion group, but nothing beats meeting face-to-face. We chatted at length during the gathering, making new friends as well as sharing very useful diabetes tips. Our group comprises people who have been newly diagnosed with the condition, as well as veterans of the condition who have handled the condition for decades! It was indeed a very enriching afternoon.

1 May

Walk at HortPark

Many thanks to those who turned up to support the walk at HortPark on Labour Day. It is not the numbers that count but the participation! It was raining, I almost wanted to call the event off but when I stepped out of my house at 7am, the rain had already abated. Our walk lasted for an hour and 45 minutes covering Forest Walk, Henderson Waves and Mt. Faber. We ended off at the hawker centre opposite World Trade Centre for a scrumptious lunch! We had a WONDERFUL time!

25 June

Walk at Pasir Ris Town Park

We had fun walking at Pasir Ris Town Park; it's a simple park with a river, fish pond and a lovely 1.2km beach. It's nice to be able to share with others some of our success stories of how we manage our diabetes and lifestyles. We had a good sharing from Steven who talked about Japanese enzymes and how they have been reported to save lives.

23 July

Gathering cum Sharing @ Spinelli, Heeren

With kind logistical arrangements from the branch manager, we managed to reserve tables for the 15 of us! This gathering was attended by more new members, including a group of junior college students who wanted to learn more about diabetes. Members were once again enriched with an afternoon of diabetes and lifestyle tips!