

## DSS Support Group Meet & Share

Join us for our next support group event today! Call Juliana at 9278 2084 for more details or to register.

### DSG CALENDAR 2016

#### 23 January 2016

DSG Walk (with guided tour)

Time: 4pm

Meeting point: Clarke Quay MRT Station - Station Control

Trail route (guided tour): River Valley Road-Read Bridge-Hill Street-Boat Quay-Market Street-Hong Lim Park.

#### 27 February 2016

DSG Walk

Venue: Gardens By The Bay

Time: 4pm

Meeting Place: Bayfront MRT Station

Passenger Service Area

Dinner: Raffles City Food Court

#### 19 March 2016

DSG Walk - Changi

Venue: Changi Moonlight/Boardwalk Walk

Time: 4pm

Meeting Place: Bedok MRT Station

Passenger Service Area, Bus No. 2 to

Changi Village

Dinner: Changi Village

#### 30 April 2016

DSG Walk - Coney Island

Venue: Coney Island

Time: 4pm

Meeting Place: Punggol MRT Station

Passenger Service Area, Bus No. 84

Dinner: Kovan MRT Food Centre

1. Program subject to change due to weather conditions or unforeseen circumstances. Please look out for email updates.
2. Please wear good walking shoes.
3. Check your feet for cuts/wounds, and alert event coordinators if you have any. Please do not proceed with the activity if you have cuts or wounds on your feet.
4. Let's cultivate great exercise habits! Bring along your own blood glucose metre!
5. Please bring along: umbrella, plain water as well as snacks (e.g. biscuits, in case of hypo).
6. Meals will be at your own expense, unless stated otherwise.



## Health Talk in Malay 'Sihat Sepanjang Hayat' Rodiah Hashim

Health statistics do not bode well for the Malay community. Hence, the need for talks such as the one organised by Geylang Serai CCC as part of an ongoing health campaign aimed at encouraging healthy diets and lifestyle as well as health awareness within the Malay community.

Targeting the beneficiaries of Dr Fatimah Lateef's Marine Parade GRC, the majority of the participants were women aged 50 and above. Dr Fatimah Lateef was also present to grace the event.

We hope that the talk on Diet and Nutrition by Sister Rohanah Pagi helped to give participants a greater understanding of the different aspects of health and well-being as well as nutritional knowledge.

## Past Outreach Programs

17 Oct 2015

Diabetes Self Care Management Sharing Program for Support Group Leaders using Diabetes Conversational Map

25 Oct 2015

Sihat Sepanjang Hayat (Health Talk in Malay) organised by Geylang Serai CCC

28 Oct 2015

Fundraising and outreach booth at National Institute of Education by student volunteers from Group Endeavours and Service Learning

7 Nov 2015

Outreach Booth at IMMSA Blood Donation Drive

8 Nov 2015

Free Health Screening at Mt Elizabeth Novena Hospital organised by Nexus Surgical

12 Nov 2015

Sanofi Internal World Diabetes Day Screening for Staff

24 Nov 2015

Health Talk on Diabetes Prevention & Management at Takeda Pharmaceuticals International

4 Dec 2015

Health Talk on Diabetes Prevention & Management for NCS Active Day

12 Dec 2015

Health Screening at Food & Fun Fair for Seniors & Children organised by Lions Communication Foundation



For the latest on DSS events, check out [www.diabetes.org.sg](http://www.diabetes.org.sg) or call **6842 6019**