



Juliana Lim

**12 FEBRUARY 2017**

## Cardio Blast

Who says Cardio Blast is only for the young? Tell that to Dennis (aged 72, with type 2 diabetes) and he will show you what it means to work hard and play hard! He is living proof that age is only a number. At our first DSG event for 2017, all participants had a good one-hour Cardio Blast workout. Admad, the Cardio Blast instructor, assisted by two other instructors, led the aerobic exercise on the stage.

All members also showed improved blood sugar readings after the fun and invigorating aerobic exercise. Thank you to Dr Kevin Tan and the Diabetic Society of Singapore (DSS) for supporting DSG.



Jimmy Ong and Juliana Lim

**4 MARCH 2017**

## Gathering & Talk at HQ@Bedok

The get-together was fantastic,  
The atmosphere terrific,  
And the interaction unique.  
Most of all Sheila's cooking is simply magic.

With the introduction of a Sweet Soup,  
It uplifted our mood,  
And everybody enjoyed the food,

The dishes were simple but created ripples.  
It is Bolivian food at its best.  
Cooked with a willing heart  
It tasted just nice for our gut.

A note of thanks to the speaker Mr Ray Loh (Physiologist:TTSH), Mr Yong Chiang Boon (President of DSS), Dr Tan Hui Huang (KTPH), and DSS staff for their conscientious support.

