

UNDERSTANDING Diabetes & ITS CONTROL

SELF-CARE MANAGEMENT WORKSHOP 2017

UNDERSTANDING THE MANAGEMENT OF DIABETES

A 4-week comprehensive
Self-Care Management Workshop

- * Guidelines on diabetes self-care
- * Glucose testing and recording
- * Understanding medications
- * Foot care
- * Oral care
- * Nutrition
- * Exercise
- * Complications of diabetes
- * Travel

Course Fee: \$21.00 per person (4 sessions)
Duration: 2-hour weekly session for 4 weeks
Target group: People with diabetes and their caregivers



Central Singapore DECC
Blk 22 Boon Keng Road
#01-15 Singapore 330022
Tel: 6398 0282

South West DECC
Blk 528 Jurong West Street 52
#01-353 Singapore 640528
Tel: 6564 9818

ENGLISH

CHINESE

ENGLISH

CHINESE

Jun 2017
2, 9, 16 & 23 Friday
6.30pm – 8.30pm

Sep 2017
8, 15, 22 & 29 Friday
6.30pm – 8.30pm

Apr 2017
6, 13, 20 & 27
Thursday
6.30pm – 8.30pm

Aug 2017
3, 10, 17 & 24
Thursday
6.30pm – 8.30pm

Oct 2017
6, 13, 20 & 27 Friday
6.30pm – 8.30pm

For registration, please call the respective centres.

Organised by



Supported by
Lions Diabetes Program

