

DSS OUTREACH PROGRAMS MARCH - MAY 2017



11 Mar 2017  
Diabetes Talk @ Singapore Heart Foundation



12 Mar 2017  
Lions Befrienders Food & Fun Fair @ Raffles Institution



14 Mar 2017  
Diabetes Talk at Lions Befrienders Senior Activity Centre @ Tampines Blk 499C



15 Mar 2017  
Diabetes Talk at National Environment Agency (NEA)



21 Mar 2017  
Diabetes Talk at Lions Befrienders Senior Activity Centre @ Clementi



27 Mar 2017  
Diabetes Talk at Lions Befrienders Senior Activity Centre @ Bendemeer



26 Apr 2017  
Diabetes Talk at Lions Befrienders Senior Activity Centre @ Ghim Moh



13 May 2017  
Ramadan Talk: Ramadan, Diabetes & Anda

# 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

**Central Singapore DECC**  
Blk 22 Boon Keng Road  
#01-155 Singapore 330022  
Tel: 6398 0282

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

ENGLISH

CHINESE

CHINESE

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

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

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

Course Fee: \$21.00 per person (4 sessions)  
Duration: 2-hour weekly session for 4 weeks  
Target group: People with diabetes and their caregivers  
For registration, please call the respective centres.



Supported by  
Lions Diabetes Program

