



24 FEB 2018
CONEY ISLAND WALK



We were blessed with another lovely, sunny and windy afternoon as 16 eager participants gathered for our second monthly walk of 2018. Of the 18 participants, two ladies were already on Coney Island from 2.56pm. At around 3.30pm, pre-walk Blood Glucose (BG) readings were taken at a discreet corner of the MRT station by Christine Lee, with readings recorded by Michael Lee. With all participants accounted for at 4pm, we moved towards the Punggol Bus Interchange and boarded bus number 84, alighting at Punggol End Road.

The scenic walk through the “forested trail” finally stopped at “Beach Area A” where creative poses by willing participants were captured by our camera man, Hwee Leng. We exited the island towards the entrance of Punggol Waterway Walk to take the post-BG readings. All, except one participant (who took a piece of “nian gao” during the walk), posted reduced blood glucose readings and they were happy to know that the walk did them good.

We took bus number 84 back to Punggol Bus Interchange. Most of us proceeded to The Sapling to celebrate Chinese New Year together. DSG SG wishes to thank the dedicated Assistant Leaders for their efforts and to Diabetes Singapore for her unwavering support.

DS OUTREACH PROGRAMS
MAR 2018



18 March 2018
Diabetes Talk @ Kassim
Mosque in collaboration
with KDF



20 March 2018
Diabetes Talk @
YTL PowerSeraya
Pte Ltd



31 March 2018
Diabetes Management
Talk (Mandarin)
Lions Befrienders @
Raffles Town Club