

# Understanding Diabetes and In Control

Understanding Diabetes and In Control is a 4-week comprehensive diabetes class. The class takes place over four 2-hour sessions. Topics covered in the class include:



**Cost Fee:** \$30

These classes are offered at:

South West DECC  
Blk 528 Jurong West Street 52,  
#01-353 S640528 Tel: 65649818/19

Central Singapore DECC  
Blk 22 Boon Keng Road  
#01-15 S330022 Tel: 63980282

## Understanding Diabetes and In Control Schedule

2009	Centre Location	Day	Time
October 2,9,16,23	South West DECC	Tuesday	6-8pm
October 3,10,17,24	Central Singapore DECC	Wednesday	6-8pm
November 6,13,20,27	South West DECC	Tuesday	6-8pm
November 7,14,21,28	Central Singapore DECC	Wednesday	6-8pm

## Members' Special

One complimentary counselling session and two coupons worth \$10 each, redeemable for one of the following services at any of our three Diabetes Education and Care Centres:

- DRP	- HbA1c	- Microalbuminuria
- Foot Screening	- Cholesterol check	- Blood Sugar Check
- Podiatry or Dietetics		

Sign up if you are not a member to enjoy these privileges and more!

The vouchers are valid till 31 December 2009. Book an appointment at your nearest Diabetes Education and Care Centre now!

## Upcoming Events

Date	Particulars	Venue / Time
30-Oct	Mosque Alkaff - Talk (Eng)	Blk 141 Bedok Reservoir Rd @ DSS Activity Room 2pm - 3pm
14-Nov	World Diabetes Day	Bishan Community Club 9.30am - 5pm
22-Nov	Health Screening & Talk on Diabetes Melitus	Changi Simei CC Multi-Purpose Hall (Health Screening) 9am - 12pm Changi Simei CC Seminar Room (Talk) 11am - 12pm