

This advance programme is conducted over one full day. We will take you on an interactive journey to equip you with the skills to live well with diabetes. You will learn about the effects of stress, diet and exercise on your blood sugars, the mechanisms of your diabetes medications and tips on self management when your sugars are too high or too low.



DIABETES

EMPOWERMENT PROGRAMME (DEP)

LIFESTYLE

18 October 2022
(Tuesday Full Day)
8:30 am – 5:00 pm

Fees:

\$140.00 (full course fees).
\$37.80 (inc. GST) after
National Silver Academy subsidy
for Singaporeans & PR aged 50
and above.

Location:

Admiralty Medical Centre
Level 4, Learning Centre
Blk 676, Woodlands Drive 71
Kampung Admiralty
Singapore 730676

SCAN ME



Please call Ms Citra at 96757011 or email sonarno.citra.d@ktp.com.sg to register