

SKILLS FOR LIFE: DIABETES (ENGLISH)



This programme is tailored for people living with diabetes to acquire practical tips in diabetes and self-care.

Join our Diabetes Nurse Educators and Dietitian to learn more through group sharing, eating, exercising and checking your blood sugars. All participants are encouraged to bring one family member or friend along to learn together at no extra charges.

21 Nov 2022 (Monday)
1:30 pm – 4:30 pm

Fee
\$50.00 (full course fee incl. GST),
\$13.50 (incl. 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.h.com.sg to register

生活技能- 糖尿病基础知识课程

这个糖尿病基础知识课程将帮助糖尿病患者掌握如何自我管理糖尿病的基本知识和技能。



我们的糖尿病护理人员 and 营养师将会带领您通过经验分享, 运动和血糖监测等互动的教学方式为您解答您生活中糖尿病相关的问题。每位报名者可以带一名家人或朋友来参与这个课程, 并且没有额外收费。

03 Dec 2022 (星期六)
8:30 am – 11:30 am

收费:

\$50.00 (全额费用).
50 岁及以上的新加坡公民和
永久居民可获得全国乐龄学苑
(NSA) 的津贴; \$13.50 (包括消费税)

地点:

海军部医疗中心
(Admiralty Medical Centre)
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