

# Understanding **DIABETES**

## Made Easy

Admission  
is  
**FREE**

**EVERY SATURDAY**

### Programme Details

Date	Time	Details
1 <sup>st</sup> week	2.00 – 3.00 pm	Module 1: Facts about diabetes Module 2: Complications of diabetes
	3.00 – 3.15 pm	Q&A
2 <sup>nd</sup> week	2.00 – 3.00 pm	Module 3: Diet Module 4: Exercise
	3.00 – 3.15 pm	Q&A
3 <sup>rd</sup> week	2.00 – 3.00 pm	Module 5: Treatment for diabetes – Insulin & Oral drug Module 6: Diabetic emergency
	3.00 – 3.15 pm	Q&A
4 <sup>th</sup> week	2.00 – 3.00 pm	Module 7: Home monitoring Module 8: Management of diabetes during sick day
	3.00 – 3.15 pm	Q&A

**FREE  
CHECK**

- Blood Glucose
- Blood Pressure
- BMI

Venue: **D' Centers,**  
*\*please refer back page for direction*

Seats Limited

*For Enquiry and Registration  
Please Call*

**D' Centers (Diabetes Resource Centre)**  
**03-3319 4100/4200/4300**

Email <[enquiry@dcentersdiabetes.com](mailto:enquiry@dcentersdiabetes.com)>

Website <[www.dcentersdiabetes.com](http://www.dcentersdiabetes.com)>

Organized by:

**D' Centers** **NADI** **NATIONAL  
DIABETES  
INSTITUTE**  
DIABETES RESOURCE CENTRE CENTRE OF EXCELLENCE-DEDICATED TO DIABETICS

Endorsed by:



\*Starting January 2015, except public holiday

\*Refreshment will be provided