

Make
changes to
your health
today!



500



4/5



+ 100

NHG World Diabetes Day

Date: 13 November 2021, Saturday

Time: 10:00 am to 12:00 pm

Event: ZOOM Webinar with
Facebook Live



Scan the QR code
to Register Now!

URL: <https://tinyurl.com/nhgwwd2021>

HAVE A BALANCED DIET

- Fill half your plate with
vegetables

EXERCISE 150 MINS A WEEK



1



1 in 10 adults
in Singapore
has diabetes

1 in 2 heart
attack victims
has diabetes

+ 10

START



world diabetes day



Scan the QR code to Watch
The Diabetes Animation Video

Produced by

NHG Group Corporate Communications



Organised by NHG Diabetes Mellitus (DM) Steering Committee and Partnering Institutions:



Adding years of healthy life



Sponsored by:



ACCU-CHEK®

