

NHG World Diabetes Day 2025



Event Information

Managing diabetes well requires many little adjustments in our daily routines. Together, we can encourage our friends and family members living with diabetes to live healthy and active lives. Join us for a morning of fun and activities on **15th November** to learn more!

Event Highlights

- Interact with our NHG Allied Health teams, Active Health Nutrition coaches, and Active Health Lab coaches at various booths to learn more about living well with Diabetes
- Join the health talks featuring NHG medical social worker, psychologist, podiatrist, and special guest speaker

Event Details

Date: 15 November 2025, 9 AM to 12 PM

Venue: Bukit Canberra Community Plaza (Level 2)
21 Canberra Link, Singapore 756973



Organised by NHG Diabetes & Metabolic Steering Committee:



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Event Programme

9:00	Mobility Assessment Programme (MAP) by Active Health Coaches
9:45	Opening Address by DMSC Chair, Prof Daniel Chew
10:00	Part 1: Sharing by Eddie Tan, Patient Journeying with Diabetes Part 2: Panel Discussion Managing Diabetes Together: Personal Stories and Practical Resources Featuring Patients Journeying with Diabetes
10:45	Mighty Feet, Mighty Strides by NHG Podiatry Team An Interactive Presentation on Proper Footwear
11:15	Free & Easy - Activities at the Booth
12:00	End of Event

Featured Guest - Mr Eddie Tan

Triathlete. Sailor. Open-water swimmer. Vertical marathon finisher. Type 1 diabetes.

Diagnosed in 2010, Eddie refused to let diabetes slow him down. Armed with daily insulin injections and unwavering determination, he continues conquering marathons, triathlons, and vertical challenges across the globe.

Hear Eddie's inspiring story of turning a diabetes diagnosis into fuel for extraordinary achievements.



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