

Our Schedule

This retreat is not just about managing diabetes; it's about discovering a healthier, more fulfilling way to live.

Morning

Meditation Session

Begin with a calming meditation session to set a positive tone for the day.

Breakfast

Enjoy a nutritious, diabetes-friendly breakfast to fuel your body.

Living with Diabetes Session 1

Participate in various diabetes educational sessions, where experts provide insights on effective diabetes management.

Group Session

Participants explore the psychological and physical dynamics of living with diabetes, exchanging experiences in a mutually supportive environment.



Afternoon

Cooking Class

Join interactive cooking classes to learn how to prepare delicious, diabetes-friendly meals.

Group Session

Participate in group reflection and educational workshops, where you can discuss the day's learning and share experiences with others.

1-on-1 Diabetes Management Session

One-on-one sessions with our diabetes nurse and endocrinologist to receive personalized guidance on your diabetes management plan.



Evening

Relaxation & Socialisation

Unwind with free time for relaxation at our serene retreat setting, or join in fun social activities that help build a sense of community.

1-on-1 Diabetes Therapy Session

One-on-one sessions with our psychologist to support emotional well-being and mental health.



October 5 to 12, 2025

Upcoming Retreat Dates

[Book a Consultation with our Diabetes Specialist](#)