



“Take Control of Your Health” Workshops

As part of the Quality Insights Quality Innovation Network, *Everyone with Diabetes Counts (EDC)*, and also the NJ Department of Health & Human Services “Take Control of Your Health” Program, HQSI offers free six-week Diabetes Self-Management Workshops throughout New Jersey. Originally developed by Stanford University, the **Diabetes Self-Management Program (DSMP)** is a free program that aims to improve self-management behavior to reduce risks associated with diabetes.

In the workshops, participants will share personal experiences, make weekly action plans that allow them to set goals, and help each other solve problems they encounter in creating and carrying out their self-management program. They will learn about diabetes and its risks, how to prevent health problems, the role of diet and exercise, how to deal with stress and difficult emotions, how to effectively communicate with health care professionals, how to manage medications, and much more.

Workshop Location	Dates	Time	To Register
CentraState Health Awareness Center 901 W. Main St Freehold, NJ 07728-2537	Fridays July 28, 2017 to September 1, 2017	10:00 a.m. to 12:30 p.m.	Call CentraState at: (732) 308-0570 Or go to: lifelifewellnj.com/events
Pemberton Senior Center 300 Brook Street Browns Mills, NJ 08015-3605	Wednesdays August 2, 2017 to September 6, 2017	10:00 a.m. to 1:00 p.m. (Including lunch break)	Call Pemberton Senior Center at: (609) 893-4400
Mother of Mercy Parish Mount Carmel Hall 1143 Asbury Avenue Asbury Park, NJ 07712-4979	Tuesdays August 8, 2017 to September 12, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Little Egg Harbor Township Senior Center 641 Radio Road Little Egg Harbor, NJ 08087-1892	Mondays August 14, 2017 to September 25, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Richmond Towers (Community Room) 520 East Front Street Plainfield, NJ 07060-1450	Tuesdays August 22, 2017 to September 26, 2017	1:00 pm to 3:30 pm	Call Jarmaine Williams at: (732) 955-8168

Workshop Location	Dates	Time	To Register
Pleasantville Branch Library 33 Martin Luther King Jr. Avenue Pleasantville, NJ 08232-2405	Wednesdays September 6, 2017 to October 11, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Rahway Senior Citizens Center-Annex (DEEP) 1306 Esterbrook Ave Rahway, NJ 07065-3224	Wednesdays September 6, 2017 to October 11, 2017	9:30am to 12:00pm	Call Ellen Staunton at: (732) 827-2016
Old Bridge Public Library 1 Old Bridge Plaza, Old Bridge, NJ 08857-2498	Thursdays September 7, 2017 to October 12, 2017	1:00 p.m. to 3:30 p.m.	Call Lisa Giovanniello at: (732) 721-5600 x 5033
William V. Musto Cultural Center (DEEP)(SPANISH) 420 15 th Street Union City, NJ 07087-4320	Thursdays September 7, 2017 to October 12, 2017	1:00 p.m. to 3:00 p.m.	Call Karen Hale at: (732) 955-8148
John F. Kennedy Library 500 Hoes Lane Piscataway, NJ 08854-5040	Fridays September 8, 2017 to October 13, 2017	10:30 a.m. to 1:00 p.m.	Call Information Desk at: (732) 463-1633 ext 6
Shore Medical Center 100 Medical Center Way Somers Point, NJ 08244-2300	Fridays September 8, 2017 to October 13, 2017	10:30 a.m. to 1:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Linden Free Public Library 31 East Henry Street Linden, NJ 07036	Fridays September 8, 2017 to October 13, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Manchester Library 21 Colonial Drive Manchester, NJ 08759-6504	Mondays September 11, 2017 to October 16, 2017	2:00 p.m. to 4:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Center for Human Services 22 Washington Street Bridgeton, NJ 08302	Mondays September 11, 2017 to October 23, 2017	10:30 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168

Workshop Location	Dates	Time	To Register
Ocean County Library, Lakewood Branch 301 Lexington Avenue Lakewood, NJ 08701-3203	Tuesdays September 12, 2017 to October 17, 2017	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Rossmoor Clubhouse, Dogwood Room	Tuesdays September 12, 2017 to October 17, 2017	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Lacey Library E. Lacey Road Forked River, NJ 08731-3607	Wednesdays September 13, 2017 to October 18, 2017	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Dr. Martin Luther King Community Center (DEEP) 661 Jackson Road Newtonville, NJ 08346-9998	Wednesdays September 13, 2017 to October 18, 2017	2:00 p.m. to 4:00p.m.	Call Jarmaine Williams at: (732) 955-8168
Raritan Bay Area YMCA 365 New Brunswick Avenue Perth Amboy, NJ 08861-3979	Thursdays September 14, 2017 to October 19, 2017	10:00 a.m. to 12:30 p.m.	Call Brenda Guilles at: (732) 442-3632 ext. 6530
East Brunswick Public Library 2 Jean Walling Civic Center East Brunswick, NJ 08816-0000	Fridays September 15, 2017 to October 27, 2017	10:00 a.m. to 12:30 p.m.	Call Cathy Chern at: (732) 390-6767
Hammonton Public Library 451 S. Egg Harbor Road Hammonton, NJ 08037-9200	Tuesdays September 26, 2017 to October 31, 2017	1:00 p.m. To 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Montclair Public Library 50 S. Fullerton Avenue Montclair, NJ 07042-2629	Tuesdays October 3, 2017 to November 7, 2017	10:30 a.m. to 1:00 p.m.	Call Jarmaine Williams at: (732) 955-8168

Workshop Location	Dates	Time	To Register
Bethany Senior Center (DEEP) 275 W. Market Street (Entrance near 58 Hartford St.) Newark, NJ 07103	Wednesdays October 4, 2017 to November 15, 2017	10:30 a.m. to 12:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Lawrence Township Senior Center (DEEP) 14 Mulford Avenue Cedarville, NJ 08311-2515	Thursdays October 5, 2017 to November 9, 2017	1:00 p.m. to 2:30 p.m.	Call Kathy Conti at: (856) 447-1000
Long Branch Senior Center 85 Second Avenue Long Branch, NJ 07740-6724	Thursdays October 5, 2017 to November 9, 2017	1:30 p.m. to 4:00 p.m.	Call Long Branch Senior Center at: (732) 571-6542
The Gateway Family YMCA – Elizabeth Branch (Spanish DEEP) 135 Madison Ave Elizabeth, NJ 07201-2420	Fridays October 6, 2017 to November 10, 2017	10:00 am to 12:00 pm	Call Karen Hale at: (732) 955-8148
Franklin Township Senior Center 505 Demott Ln Somerset, NJ 08873	Wednesdays October 11, 2017 to November 15, 2017	9:30 am to 12:00 pm	Call Jarmaine Williams at: (732) 955-8168
Christ Lutheran Church 40 Schoolhouse Road Whiting, NJ 08759-3025	Thursdays October 12, 2017 to November 16, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Sisters Network of Central NJ 1201 Hamilton St Somerset, NJ 08873-3382	Mondays October 16, 2017 to November 20, 2017	1:00 pm to 3:30 pm	Call Martisha Dwyer at: (732) 246-8300
Sussex-Wantage Branch Library 69 Route 639 Wantage, NJ 07461	Mondays October 23, 2017 to November 27, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168

Workshop Location	Dates	Time	To Register
Dr. Ritu Suri’s Office 245 Engle Street Englewood, NJ 07631-2419	Tuesdays October 24, 2017 to November 28, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Vineland Sharing Center Tarkiln Acres Community Ctr. (DEEP) Tarkiln Drive Vineland, NJ 08360-9998	Wednesdays November 1, 2017 to December 6, 2017	11:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Edison Township Public Library: Main Branch 340 Plainfield Ave Edison, NJ 08817-3147	Tuesdays November 14, 2017 to December 19, 2017	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168

For each six-week workshop, we regret that there can be no new attendees after the second session.

For more information, please contact Jarmaine Williams at (732) 955-8168.



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