



Free Diabetes Self-Management 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 at 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.

Another evidence-based curriculum offered is the **Diabetes Empowerment Education Program (DEEP)**, which was developed at the University of Illinois at Chicago.

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
New Community Foundation Corporation 140 S. Orange Ave # A, Newark, NJ 07103-3051	Mondays January 8, 2018 February 26, 2018	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Prospect Park Apartments 545 Park Avenue #1 East Orange, NJ 07017-1946	Tuesdays January 9, 2018 to February 13, 2018	10:00 a.m. to 12:30 p.m.	Call Dorothy at: (973) 678-7836
Columbian Towers 76 Bloomfield Street Hoboken, NJ 07030-4515	Thursdays January 11, 2018 to February 15, 2018	10:00 a.m. to 12:30 p.m.	Call Dorothy at: (973) 678-7836
Richmond Towers (Community Room) 520 East Front Street Plainfield, NJ 07060-1421	Tuesdays January 16, 2018 to February 20, 2018	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
FOCUS - Hispanic Center for Community Development (SPANISH DEEP) 441-443 Broad Street Newark, NJ 07102-3207	Wednesdays January 17, 2018 to February 21, 2018	9:30 am to 11:30 am	Call Maria at: (973) 624-2528 ext. 142 or e-mail at mvmanangao@focus411.org

Workshop Location	Dates	Time	To Register
Pemberton Recreation Dept. Country Lakes Clubhouse 69 Tensaw Drive Browns Mills, NJ 08015-6645	Wednesdays January 17, 2018 to February 21, 2018	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Ironbound Senior Center (DEEP) 226 Rome St Newark, NJ 07105-3920	Thursdays January 18, 2018 to February 22, 2018	12:30 p.m. to 2:00 p.m.	Call Cristina Couto at: (973) 424-4101
Jefferson Chase (DEEP) 5782 Berkshire Valley Rd Oak Ridge, NJ 07438-9853	Thursday February 1, 2018 to March 8, 2018	1:00 pm to 3:00 pm	Call Sheila at: (973) 409- 4230
The Gateway Family YMCA, Wellness Center Branch 1000 Galloping Hill Rd. Union, NJ 07083-7951	Fridays February 2, 2018 to March 9, 2018	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Sayreville Public Library 1050 Washington Road Parlin, NJ 08859-1091	Fridays February 2, 2018 to March 9, 2018	10:00 a.m. to 12:30 p.m.	Call Jennifer at: 732-727-0212 ext. 25 or go to sayrevillelibrary.org
Millville Sharing Center High Rise East Community Room (DEEP) 130 S. 2 nd Street Millville, NJ 08332-4267	Mondays February 5, 2018 to March 19, 2018	10:00 a.m. to 12:00 p.m.	Call: Whitney Elwell (856) 825-8779
Maurice River Township Senior Center (DEEP) 590 Main Street, Leesburg, N.J. 08327-0000	Wednesdays February 21, 2018 to March 28, 2018	10:00 to 11:30am	Call Donna Jacoby at: (856) 785-0325
Ironbound Senior Center (SPANISH DEEP) 226 Rome St Newark, NJ 07105-3920	Wednesdays February 28, 2018 to April 4, 2018	12:30 p.m. to 2:00 p.m.	Call: Cristina Couto at: (973) 424-4101

Workshop Location	Dates	Time	To Register
<p>United Methodist Communities at Bristol Glen</p> <p>200 Bristol Glen Drive Newton, NJ 07860-2329</p>	<p>Mondays</p> <p>March 5, 2018 to April 16, 2018 (skipping April 2)</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call Christine Byrne at: (973) 940-0423 ext. 291</p>
<p>United Methodist Communities at Bristol Glen</p> <p>200 Bristol Glen Drive Newton, NJ 07860-2329</p>	<p>Mondays</p> <p>March 5, 2018 to April 16, 2018 (skipping April 2)</p>	<p>1:00 p.m. to 3:30 p.m.</p>	<p>Call Christine Byrne at: (973) 940-0423 ext. 291</p>
<p>Raritan Bay Area YMCA (SPANISH DEEP)</p> <p>357 New Brunswick Avenue Perth Amboy, NJ 08861-3940</p>	<p>Tuesdays</p> <p>March 6, 2018 to April 10, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Brenda Guilles at: (732) 442-3632 ext. 6530</p>
<p>Raritan Bay Area YMCA</p> <p>357 New Brunswick Avenue Perth Amboy, NJ 08861-3940</p>	<p>Thursdays</p> <p>March 8, 2018 to April 12, 2018</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call Brenda Guilles at: (732) 442-3632 ext. 6530</p>
<p>Ritu Suri MD LLC</p> <p>245 Engle Street Englewood, NJ 07631-2466</p>	<p>Tuesdays</p> <p>March 20, 2018 to April 24, 2018</p>	<p>10:30 a.m. to 1:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Hammonton Canoe Club</p> <p>100 E. Central Avenue Hammonton, NJ 08037-1676</p>	<p>Thursdays</p> <p>March 22, 2018 to April 26, 2018</p>	<p>1:00 p.m. to 3:30 p.m.</p>	<p>Call Brenda at: (609) 567-4341 between 10:00 a.m. and 4:00 p.m.</p>
<p>Hammonton Library</p> <p>451 S. Egg Harbor Road Hammonton, NJ 08037-9200</p>	<p>Wednesdays</p> <p>April 4, 2018 to May 9, 2018</p>	<p>9:30 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Nellie Grier Senior Citizen Center (DEEP)</p> <p>98-104 Maple Avenue Newark, NJ 07112-1744</p>	<p>Thursdays</p> <p>April 19, 2018 to May 24, 2018</p>	<p>10:30 a.m. to 12:00 p.m.</p>	<p>Call: Mrs. Willie Brown at: (973) 422-4096</p>
<p>Rossmoor Community Church Gallery at the Clubhouse</p> <p>Monroe Twp., NJ 08831-1783</p>	<p>Fridays</p> <p>April 27, 2018 to June 1, 2018</p>	<p>9:30 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>

Workshop Location	Dates	Time	To Register
Franklin Township Senior Center 505 Demott Lane Somerset, NJ 08873-2783	Wednesdays May 23, 2018 to June 27, 2018	9:30 a.m. To 12:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Rossmoor Community Church Gallery at the Clubhouse Monroe Twp., NJ 08831-1783	Fridays September 21, 2018 to October 26, 2018	9:30 a.m. to 12:00 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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