



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
Edison Senior Citizen Center 2963 Woodbridge Avenue Edison, NJ 08837-3402	Thursdays May 10, 2018 to June 14, 2018	9:00 a.m. to 11:30 a.m.	Call Senior Center at: (732) 248-7345
St. Mary’s Villa (DEEP) 425 Sanford Avenue Newark, NJ 07106-1171	Thursdays May 10, 2018 to June 14, 2018	2:00 p.m. to 3:30 p.m.	Call Aleshia Alston at: (973) 372-7260 or AAlston@nationalchurchresidences.org
Grace West Manor (DEEP) 301 Irvine Turner Blvd. Newark, NJ 07108-2642	Fridays May 11, 2018 to June 15, 2018	1:00 p.m. to 2:30 p.m.	Call Jasminee Sawh-Ramroop at: (973) 824-5593 or jsramroop@rosecommunity.com
Raritan Bay Area YMCA (SPANISH DEEP) 357 New Brunswick Ave Perth Amboy, NJ 08861-3940	Tuesdays May 15, 2018 to June 19, 2018	10:00 a.m. to 12:00 p.m.	Call Brenda Guilles at: 732-442-3632 ext. 6530
Harborview Apartments (DEEP) 145 Ocean Avenue Jersey City, NJ 07305	Tuesdays May 15, 2018 to June 19, 2018	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168

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<p>Stone Gate at St. Stephens (DEEP)</p> <p>5101 Stonegate Drive; Suite 100 Pennsauken, NJ 08109-1567</p>	<p>Wednesdays</p> <p>May 16, 2018 to June 20, 2018</p>	<p>12:30 p.m. to 3:00 p.m.</p>	<p>Call Damaris Andujar at: (856) 486-7877</p>
<p>Elizabeth Public Library (DEEP)</p> <p>11 South Broad Street Elizabeth, NJ 07202-3401</p>	<p>Wednesdays</p> <p>May 16, 2018 to June 20, 2018</p>	<p>10:30 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Raritan Bay Area YMCA</p> <p>357 New Brunswick Ave Perth Amboy, NJ 08861-3940</p>	<p>Thursdays</p> <p>May 17, 2018 to June 21, 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>Care One at the Highlands (DEEP)</p> <p>1350 Inman Avenue Edison, NJ 08820</p>	<p>Fridays</p> <p>May 18, 2018 to June 22, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Asbury Park Library (DEEP)</p> <p>500 First Avenue Asbury Park, NJ 07712</p>	<p>Tuesdays</p> <p>May 22, 2018 to June 26, 2018</p>	<p>11:00 a.m. to 1:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Franklin Township Senior Center</p> <p>505 Demott Lane Somerset, NJ 08873-2783</p>	<p>Wednesdays</p> <p>May 23, 2018 to June 27, 2018</p>	<p>9:30 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Forked River Presbyterian Church</p> <p>131 North Main Street Forked River, NJ 08731</p>	<p>Wednesdays</p> <p>May 23, 2018 to June 27, 2018</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Elmora Branch Library (Spanish DEEP)</p> <p>740 W Grand St Elizabeth, NJ 07202</p>	<p>Wednesdays</p> <p>May 30, 2018 to July 11, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Maria Ruina-Courel at: (732) 955-8169</p>

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<p>East Brunswick Public Library</p> <p>2 Jean Walling Civic Center East Brunswick, NJ 08816</p>	<p>Mondays</p> <p>June 4, 2018 to July 9, 2018</p>	<p>10:30 a.m. to 1:00 p.m.</p>	<p>Call Information Services Desk at: (732) 390-6767</p>
<p>East Orange General Hospital (Metabolic & Bariatric Ctr.)(DEEP)</p> <p>300 Central Avenue East Orange, NJ 07018</p>	<p>Mondays</p> <p>June 4, 2018 to July 9, 2018</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Ashbrook Nursing & Rehabilitation Center (DEEP)</p> <p>1610 Raritan Road Scotch Plains, NJ 07076-2939</p>	<p>Tuesdays</p> <p>June 5, 2018 to July 10, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>The Pavillion (DEEP)</p> <p>220 Prospect Street East Orange, NJ 07017-2710</p>	<p>Mondays</p> <p>June 11, 2018 to July 16, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Eric B. Chandler Health Center (DEEP)</p> <p>277 George St New Brunswick, NJ 08901-1311</p>	<p>Thursdays</p> <p>June 7, 2018 to July 12, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Eric B. Chandler Health Center (Spanish DEEP)</p> <p>277 George St New Brunswick, NJ 08901-1311</p>	<p>Fridays</p> <p>June 8, 2018 to July 13, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Maria Ruina-Courel at: (732) 955-8169</p>
<p>Old Bridge Library (DSMP)</p> <p>One Old Bridge Plaza , Old Bridge, NJ 08857</p>	<p>Tuesdays</p> <p>June 12,19,26, July 10,17,24</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call the Old Bridge Library 732-721-5600 ext. 5010</p>

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<p>Luther Acres (DEEP)</p> <p>560 Sarah Place Vineland, NJ 08360-2700</p>	<p>Wednesdays</p> <p>June 13, 2018 to July 25, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Yvonne Farina at: (856) 696-0262</p>
<p>Cherry Hill Public Library (DEEP)</p> <p>1100 Kings Hwy North Cherry Hill, NJ 08034</p>	<p>Tuesdays</p> <p>June 26, 2018 to July 31, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Bergen Family Center Adult Day Care-Shining Lights (DEEP)</p> <p>44 Armory Street Englewood, NJ 07631</p>	<p>Tuesdays</p> <p>June 26, 2018 to July 31, 2018</p>	<p>11:00 a.m. To 12:30 p.m.</p>	<p>Call Holly Scipio, Supervisor (201) 568-0817 ext. 129</p>
<p>Berry Gardens I (Spanish DEEP)</p> <p>199 Ocean Avenue Jersey City, NJ 07305-3827</p>	<p>Thursdays</p> <p>June 28, 2018 to August 2, 2018</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Karen Hale 732-955-8148 or Shonda Jeter (201) 706-4763</p>
<p>Berry Gardens I (DEEP)</p> <p>199 Ocean Avenue Jersey City, NJ 07305-3827</p>	<p>Mondays</p> <p>July 2, 2018 to August 6, 2018</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Shonda Jeter (201) 706-4763 or Jarmaine Williams at (732) 955-8168</p>
<p>Washington Township Senior Center (DEEP)</p> <p>315 Greentree Road Sewell, NJ 08080</p>	<p>Thursdays</p> <p>July 12, 2018 to August 16, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Elmer Public Library (DEEP)</p> <p>120 S Main St Elmer, NJ 08318-2233</p>	<p>Thursdays</p> <p>July 12, 2018 to August 16, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Milford Library(DSMP)</p> <p>40 French Street Milford NJ 08848</p>	<p>Tuesdays</p> <p>July 17,24,31 August 7,14,21</p>	<p>1:00 PM To 3:30 PM</p>	<p>Call Milford Library 908-995-4072</p>

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Galloway Township Senior Center (DEEP) 621 W. White Horse Pike Egg Harbor City, NJ 08215	Wednesdays July 18, 2018 to August 22, 2018	12:30 p.m. to 2:30 p.m.	Call Linda Schroer at: (609) 568-5073
Coppergate House (DEEP) 780 Springdale Ave, East Orange, NJ 07017	Wednesdays July 18, 2018 to August 22, 2018	3:00 p.m. to 5:00 p.m.	
Berry Gardens II 92 Danforth Avenue Jersey City, NJ 07305- 3908	Wednesdays August 1, 2018 to September 5, 2018	1:00 p.m. to 3:00 p.m.	Call Shonda Jeter (201) 706-4763 or Jarmaine Williams at: (732) 955-8168
Stone Gate at St. Stephens(Spanish DEEP) 5101 Stonegate Drive; Suite 100 Pennsauken, NJ 08109- 1567	Wednesdays August 1, 2018 to September 5, 2018	12:30 p.m. to 3:00 p.m.	Call Damaris Andujar at: (856) 486-7877
Manchester Library (DSMP) 21 Colonial Drive Manchester, NJ 08759	Fridays September 7, 2018 to October 12, 2018	10:00 a.m. to 12:30 p.m.	Call the Manchester Library at: (732) 657-7600
Neptune Senior Center (DEEP) 1607 Corlies Avenue Neptune, NJ 07753	Mondays September 10, 2018 to October 22, 2018	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Bridgeton High Rise Apts. (DEEP) 110 E. Commerce Street Bridgeton, NJ 08302	Tuesdays September 11, 2018 to October 23, 2018	10:00 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Montclair Public Library (DEEP) 50 S Fullerton Ave Montclair, NJ 07042	Tuesdays September 11, 2018 to October 23, 2018	10:30 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168

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Maplewood Senior Center (DEEP) 106 Burnett Ave, Maplewood, NJ	Tuesdays September 11, 2018 to October 16, 2018	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Hammonton Library (DEEP) 451 South Egg Harbor Rd. Hammonton, NJ	Tuesdays September 18, 2018 to October 23, 2018	1:00 p.m. to 3:00 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
St John the Evangelist Church 189 George St New Brunswick, NJ	Tuesdays September 25, 2018 to October 30, 2018.	10:00 AM To 12:30 PM	Call Jarmaine Williams at (732) 955-8168
Lacey Library 10 East Lacey Road Forked River, NJ 08731-3607	Fridays September 28, 2018 to November 2, 2018	1:00 p.m. to 3:30 p.m.	Call Traci Callender at: (609) 693-8566 ext. 4 or tcallender@theoceancountylibrary.org
Ocean County Library – Lakewood (DEEP) 301 Lexington Avenue Lakewood, NJ 08701-3203	Mondays October 29, 2018 to December 3, 2018	10:30 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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