



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
Galloway Township Senior Center (DEEP) 621 W. White Horse Pike Egg Harbor City, NJ 08215-3741	Wednesdays July 18, 2018 to August 22, 2018	12:30 p.m. to 2:30 p.m.	Call Linda Schroer at: (609) 568-5073
University Hospital (DSMP) Cancer Center, Room B1120, 205 South Orange Ave. Newark, NJ	Thursdays July 19, 2018 to August 23, 2018	9:30 a.m. to 12:00 p.m.	Call Ana Padilla at: (973)-972-0856
North Brunswick Senior Center (DEEP) 15 Linwood Place North Brunswick, NJ 08902-2306	Mondays July 23, 2018 to August 27, 2018	12:30 p.m. to 2:00 p.m.	Call Senior Center at 732-418-2222
Parkside Senior Housing (DEEP) 1 Parkside Street Somerset, NJ 08873	Wednesdays July 25, 2018 to August 29, 2018	2:00 p.m. to 3:30 p.m.	Site is taking registration Call Joslynn McIntosh at 862-371-2957

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Fox Hill Gardens (DEEP) 400 Harrison Street, Hoboken, NJ 07030	Wednesdays July 25, 2018 to August 29, 2018	10:30 a.m. to 12:00 p.m.	Sign-Up Sheet or Call Jarmaine Williams at: (732) 955-8168
Berry Gardens II (Spanish DEEP) 92 Danforth Avenue Jersey City, NJ 07305- 3908	Tuesdays July 31, 2018 to September 4, 2018	10:00 a.m. to 12:00 p.m.	Call Karen Hale 732-955-8148 or Shonda Jeter (201) 706-4763
Berry Gardens II (DEEP) 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
Jefferson Township Senior Center (DEEP) 54 School House Rd Oak Ridge, NJ 07438-9828	Fridays August 3, 2018 to September 7, 2018	10:00 a.m. to 11:30 a.m.	Sign-Up Sheet or Call Jarmaine Williams at: (732) 955-8168
Piscataway Senior Citizen Center (DSMP) Buena Vista Ave Piscataway, NJ 08854- 4803	Thursdays August 9, 2018 to September 13, 2018	12:30 p.m. to 3:00 p.m.	Call the Senior Center at: (732) 562-1133
Federation Apartments (DEEP) 510 E 27th St, Paterson, NJ 07514	Thursdays August 16, 2018 to September 20, 2018	10:30 a.m. to 12:0 p.m.	Call Linda at: (973) 881-8611

Workshop Location	Dates	Time	To Register
<p>Grace Community Church (DSMP)</p> <p>555 Russell Avenue Wyckoff, NJ 07481</p>	<p>Wednesdays</p> <p>August 29, 2018 to October 3, 2018</p>	<p>10:00 a.m. to 12:30 a.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Cliffside Park Senior Center (DEEP)</p> <p>500 George Rd @ the Gerald A. Calabrese Complex Cliffside Park, NJ 07010</p>	<p>Wednesdays</p> <p>August 22, 2018 to September 19, 2018</p>	<p>10:00 a.m. to 11:30 a.m.</p>	<p>Call Linda Phillips-Perez at: (201) 943-3768</p>
<p>Middletown Township Public Library (DEEP)</p> <p>55 New Monmouth Road Middletown, NJ 07748</p>	<p>Wednesdays</p> <p>September 5, 2018 to October 10, 2018</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Megan Wianecki at: (732) 671-3700 ext. 317</p>
<p>West Long Branch Library (DEEP)</p> <p>95 Poplar Avenue West Long Branch, NJ 07764-1653</p>	<p>Thursdays</p> <p>September 6, 2018 to October 11, 2018</p>	<p>10:30 a.m. to 12:30 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Manchester Library (DSMP)</p> <p>21 Colonial Drive Manchester, NJ 08759- 6504</p>	<p>Fridays</p> <p>September 7, 2018 to October 12, 2018</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call the Manchester Library at: (732) 657-7600</p>
<p>Sparta Public Library (DSMP)</p> <p>22 Woodport Road Sparta, NJ 07871-2499</p>	<p>Mondays</p> <p>September 10, 2018 to October 22, 2018</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call Christine Byrne at: (862) 354-6440 ext. 291</p>
<p>Sussex County Main Library (DSMP)</p> <p>125 Morris Turnpike Newton, NJ 07860-4913</p>	<p>Mondays</p> <p>September 10, 2018 to October 22, 2018</p>	<p>10:00 a.m. to 12:30 p.m.</p>	<p>Call Christine Byrne at: (862) 354-6440 ext. 291</p>

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Neptune Senior Center (DEEP) 1607 Corlies Avenue Neptune, NJ 07753-4905	Mondays September 10, 2018 to October 22, 2018	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Monmouth County Library Hazlet Branch (DEEP) 251 Middle Road Hazlet, NJ 07730	Mondays September 10, 2018 To October 22, 2018	1:30 p.m. to 3:30 p.m.	Call Diana Zambrano at: 732-264-7164
Bridgeton High Rise Apts. (DEEP) 110 E. Commerce Street Bridgeton, NJ 08302-2651	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 07042-2629	Tuesdays September 11, 2018 to October 23, 2018	10:30 a.m. to 12:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Maplewood Senior Center (DEEP) 106 Burnett Ave, Maplewood, NJ 07040-2907	Tuesdays September 11, 2018 to October 16, 2018	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Homestead Run Adult Community (DSMP) 100 Fireside Boulevard Toms River, NJ 08755-1186	Wednesdays September 12, 2018 to October 17, 2018	10:00 a.m. to 12:30 p.m.	The site will take registrations 732-370-2300
Mount Laurel Library (DEEP) 100 Walt Whitman Ave Mount Laurel, NJ 08054	Thursdays September 13, 2018 to October 18, 2018	10:00 a.m. to 12:00 p.m.	Call the Library’s Information Desk at: 856-234-7319 x 333 or go online: www.mountlaurellibrary.org
North Brunswick Library (DSMP) 880 Hermann Road North Brunswick, NJ 08902-2341	Thursdays September 13, 2018 to October 18, 2018	10:00 a.m. to 12:30 p.m.	Call library at 732-246-2222 or register on line http://northbrunswicklibrary.org

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<p>Hammonton Library (DEEP)</p> <p>451 South Egg Harbor Rd. Hammonton, NJ 08037-9200</p>	<p>Tuesdays</p> <p>September 18, 2018 to October 23, 2018</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>Rossmoor Community Church Gallery at the Clubhouse (DSMP)</p> <p>Monroe Twp., NJ 08831-1783</p>	<p>Fridays</p> <p>September 21, 2018 to October 26, 2018</p>	<p>9:30 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>
<p>South Plainfield Senior Center (DSMP)</p> <p>90 Maple Ave. South Plainfield, NJ 07080</p>	<p>Fridays</p> <p>September 21, 2018 To October 26, 2018</p>	<p>10 a.m. to 12 a.m.</p>	<p>Call Senior Center at: (908)754-1047</p>
<p>Ridgefield Park Senior Activity Center (DSMP)</p> <p>159 Park Street, Ridgefield Park, NJ 07660-1718</p>	<p>Fridays</p> <p>September 21, 2018 to October 26, 2018</p>	<p>1:00 p.m. to 3:30 p.m.</p>	<p>Call Tara Prestigiacomio at: (201)641-1220</p>
<p>Howell Township Library (DEEP)</p> <p>318 Old Tavern Road Howell, NJ 07731</p>	<p>Tuesdays</p> <p>September 25, 2018 to October 30, 2018</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Beth Henderson at: (732) 938-2300</p>
<p>Center Bridge II (DEEP)</p> <p>459 Shasta Drive Bridgewater, NJ 08807-3730</p>	<p>Wednesday</p> <p>September 26, 2018 to October 31, 2018</p>	<p>2:00 p.m. to 3:30 p.m.</p>	<p>Call Center at: (908) 725-6030</p>
<p>Elmwood Park Senior Activity Center (DSMP)</p> <p>500 Mola Boulevard Elmwood Park, NJ 07407-0000</p>	<p>Wednesday</p> <p>September 26, 2018 to October 31, 2018</p>	<p>11:00 a.m. to 1:30 p.m.</p>	<p>Call Cristine Cobb at: 201-796-3342</p>

Workshop Location	Dates	Time	To Register
St John the Evangelist Church (DSMP) 189 George Street New Brunswick, NJ 08901-1319	Wednesdays September 26, 2018 to October 31, 2018.	10:00 AM to 12:30 PM	Call Jarmaine Williams at (732) 955-8168
The Gateway Family YMCA, Wellness Center Branch (DEEP) 1000 Galloping Hill Road Union, NJ 07083-7951	Thursdays September 27, 2018 to November 1, 2018	10:00 a.m. to 12:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
Fords Library (DSMP) 211 Ford Ave, Fords, NJ 08863	Thursdays September 27, 2018 to November 1, 2018	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Lacey Library (DSMP) 10 E Lacey Rd Forked River, NJ 08731	Fridays September 28, 2018 to November 2, 2018	1:00 p.m. to 3:30 p.m.	Call Library at: (609) 693-8566 ext. 4
Vineland Public Library (DEEP) 1058 E. Landis Ave Vineland, NJ. 08360	Tuesdays October 2, 2018 to November 13, 2018	10:00 a.m. to 12:00 p.m.	Call Library at: (856) 794-4244
Maurice M. Pine Public Library (DSMP) 10-01 Fair Lawn Ave, Fair Lawn, NJ 07410-1816	Wednesdays October 3, 2018 to November 7, 2018	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Brick Branch Ocean Co. Library (DSMP) 301 Chambers Bridge Rd. Brick, NJ 08723-2811	Thursdays October 4, 2018 to November 8, 2018	2:00 p.m. to 4:30 p.m.	Call Rob Rinaldi at: (732) 477-4518
Baldwin Oaks Apartments (Community Room)(DEEP) 299 Baldwin Rd #1 Parsippany, NJ 07054	Thursdays October 4, 2018 to November 8, 2018	1:30 p.m. To 3:00 p.m.	Call Su Ty at: (973) 335-9110

Workshop Location	Dates	Time	To Register
Clifton Memorial Library (DSMP) 292 Piaget Avenue Clifton, NJ 07011	Thursdays October 25, 2018 to December 6, 2018	1:00 p.m. to 3:30 p.m.	Call Jarmaine Williams at: (732) 955-8168
Holmdel Public Library (DEEP) 101 Crawfords Corner Rd; Ste. 2110. Holmdel, NJ 07733	Fridays October 26, 2018 to December 7, 2018	1:30 p.m. to 3:30 p.m.	Call Jessica Laddaga (732) 946-4118
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
Harborview Apartments (CDSMP) 145 Ocean Avenue Jersey City, NJ 07305	Mondays October 29, 2018 to December 3, 2018	1:00 p.m. to 3:30 p.m.	Call Dennis Smith at: (201) 413-1576
The Maher Manor (DSMP) 2000 Route 18 North Old Bridge, NJ 08857-3365	Thursdays January 17, 2019 to February 21, 2019	1:00 p.m. to 3:30 p.m.	Site will take registrations
Monroe Public Library (DSMP) 4 Municipal Plaza Monroe Twp., NJ 08831-1900	Tuesdays April 23, 2019 to May 28, 2019	1:00 p.m. to 3:30 p.m.	Call Library at: 732-521-5000

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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