



## 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
<b>Harrison Senior Center (DEEP)</b>  221 Harrison Avenue Harrison, NJ 07029-1328	<b>Wednesdays</b>  January 9, 2019 to February 13, 2019	11:00 a.m. to 12:30 p.m.	Sign up at the Senior Center or call: (973) 268-2463
<b>Puertorriqueños Asociados for Community Organization, Inc. (PACO) (Spanish DEEP)</b>  398 Manila Avenue Jersey City, NJ 07302	<b>Wednesdays</b>  January 9, 2019 to February 13, 2019	1:00 p.m. to 2:30 p.m.	Call PACO at: (201) 963-8282
<b>YM/YWHA of Union County</b>  501 Green Lane, Union, NJ	<b>Tuesdays</b>  January 15, 2019 to February 19, 2019	10:00 a.m. to 11:30 a.m.	Call Marcy Fox at: (908) 289-8112 ext: 34
<b>Leisure Village West (DSMP)</b>  1 Buckingham Drive Manchester, NJ 08759-4520	<b>Tuesdays</b>  January 15, 2019 to February 19, 2019	1:00 p.m. to 3:30 p.m.	Call Mary at: (732) 657-9109

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<p><b>Freehold Township Senior Center (DEEP)</b></p> <p>116 Jackson Mills Rd, Freehold, NJ 07728-8053</p>	<p><b>Thursdays</b></p> <p>January 17, 2019 to February 21, 2019</p>	<p>1:00 p.m. to 3:00 p.m.</p>	<p>Call Freehold Sr Center at: (732) 294-2029</p>
<p><b>Englewood Family Health Center(Spanish DEEP)</b></p> <p>148 Engle St # 1, Englewood, NJ 07631-2582</p>	<p><b>Fridays</b></p> <p>January 18, 2019 to February 22, 2019</p>	<p>2:00 p.m. to 3:30 p.m.</p>	<p>Sign-Up at Dr. Portilla’s office</p>
<p><b>Bethel AME Church (DEEP)</b></p> <p>32 Courtland St, Woodbury, NJ 08096</p>	<p><b>Saturdays</b></p> <p>January 19, 2019 to February 23, 2019</p>	<p>11:00 a.m. to 12:30 p.m.</p>	<p>Call Bethel AME Woodbury at: (856) 845-1965</p>
<p><b>Premier Cadbury at Cherry Hill (DEEP)</b></p> <p>2150 Rt. 38 Cherry Hill, NJ 08002-4302</p>	<p><b>Tuesdays</b></p> <p>January 22, 2019 to February 26, 2019</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Yvonne Curry at: (856) 667-4550</p>
<p><b>Bayonne Economic Opportunity Foundation (DEEP)</b></p> <p>16 W 4th St Bayonne, NJ 07002</p>	<p><b>Mondays</b></p> <p>January 28, 2019 to March 11, 2019</p>	<p>10:45 a.m. To 12:45 p. m.</p>	<p>Sign-up at Senior Center</p>
<p><b>Middletown Senior Center (DEEP)</b></p> <p>Croydon Hall 900 Leonardville Rd. Leonardo, NJ 07737-1750</p>	<p><b>Mondays</b></p> <p>January 28, 2019 to March 11, 2019</p>	<p>11:00 a.m. to 1:00 p.m.</p>	<p>Call Middletown Senior Center at: (732)-615-2265</p>
<p><b>Cinnaminson Community Center (DEEP)</b></p> <p>1621 Riverton Road Cinnaminson, NJ 08077</p>	<p><b>Fridays</b></p> <p>February 1, 2019 to March 8, 2019</p>	<p>10:00 a.m. to 12:00 p.m.</p>	<p>Call Jarmaine Williams at: (732) 955-8168</p>

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<b>Bayway Family Success Center (DEEP)</b>  688 Maple Avenue Elizabeth, NJ 07202	<b>Thursdays</b>  February 7, 2019 to March 14, 2019	3:30 p.m. to 5:00 p.m.	Call Alicia S. Laikhram at: (908) 289-0136
<b>Vogleson Branch, Camden County Library</b> 203 Laurel Rd. Voorhees Twp., NJ 08043	<b>Mondays</b>  March 4, 2019 to April 8, 2019	10:30am to 12:30pm	Call Rosemary Scalese at: (856) 772-1636
<b>East Windsor Senior Center</b> 40 Lanning Blvd. East Windsor, NJ 08520-1925	<b>Tuesdays</b>  March 5, 2019 to April 9, 2019	1:00 pm To 2:30 pm	Open to members only. Call the senior center at: (609) 371-7192
<b>Beverly Methodist Church</b> 133 Warren St. Beverly, NJ 08010	<b>Tuesdays</b>  March 5, 2019 to April 9, 2019	10:00 am to 11:30 am	Call Jarmaine Williams at: (732) 955-8168
<b>Monmouth Medical Center, Southern Campus</b>  600 River Ave, Lakewood, NJ	<b>Wednesdays</b>  March 6, 2019 to April 10, 2019	10:00 am to 11:30 am	Call RWJBarnabas Health (RWJBH) at: 1-888-724-7123
<b>Manville Library</b>  100 S.10th Ave. Manville, NJ 08835	<b>Wednesdays</b>  March 6, 2019 to April 10, 2019	11:00 a.m. To 12:30 p.m.	Call library at: (908) 458-8425
<b>Edgemont Park House (DEEP)</b>  274 Valley Road Montclair, NJ 07042	<b>Wednesdays</b>  March 6, 2019 to April 10, 2019	11:15 a.m. to 1:15 p.m.	Call Jarmaine Williams at: (732) 955-8168
<b>AngelaCARES, Inc. (DEEP)</b> 696 Ocean Ave, Jersey City, NJ 07305-0000	<b>Thursdays</b>  March 7, 2019 to April, 11, 2019	1:30 p.m. to 3:00 p.m.	Call AngelaCARES, Inc. at: (201) 706-2888
<b>Absecon Public Library (DEEP)</b>  305 New Jersey Avenue Absecon, NJ 08201-2412	<b>Tuesdays</b>  March 12, 2019 to April 16, 2019	10:00 a.m. to 12:00 p.m.	Call Absecon Public Library at: (609) 646-2228

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<b>Verona Community Center (DEEP)</b>  880 Bloomfield Ave Verona, NJ 07044-1337	<b>Tuesdays</b>  March 12, 2019 to April 9, 2019	10:00 a.m. to 12:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
<b>Ventnor Library (DSMP)</b>  6500 Atlantic Avenue Ventnor City, NJ 08406	<b>Tuesdays</b>  March 12, 2019 to April 16, 2019	1:00 p.m. to 2:30 p.m.	Call Maggie Weaver at: (609) 350-8937 or mweaver@jfsatlantic.org
<b>Howell Township Senior Center (DEEP)</b>  251 Preventorium Rd. Howell, NJ 07731-8714	<b>Thursdays</b>  March 14, 2019 to April 18, 2019	10:00 a.m. to 12:00 p.m.	Sign-Up Sheet at Senior Center or Call Carol Hartigan at: (732) 938-4500 ext. 2554
<b>Lawrence Township Senior Center</b>  30 E Darrah Lane Lawrence Township, NJ 08648	<b>Mondays</b>  March 18, 2019 to April 22, 2019	1:00 pm to 3:30 pm	Register with Senior Center 609-844-7048
<b>Rossmoor Community Church</b>  Gallery at the Clubhouse 1 Village Mall Monroe, NJ 08831	<b>Tuesdays</b>  March 26, 2019 to April 30, 2019	1:00 pm to 3:30 pm	Call Jarmaine Williams at: 732-955-8168
<b>Pemberton Twp. Senior Center</b>  300 Brook Street, Browns Mills, NJ 08015	<b>Tuesdays</b>  April 2, 2019 to May 7, 2019	9:30 am to 11:00 am	Open to members only Call the senior center at: (609) 893-4400
<b>Carteret Senior Center (DSMP)</b>  100 Cooke Avenue Carteret, NJ 07008	<b>Wednesdays</b>  April 3, 2019 to May 8, 2019	10:00 a.m. to 12:30 p.n.	Call Jarmaine Williams at: 732-955-8168
<b>Middletown Township Public Library (DEEP)</b>  55 New Monmouth Rd. Middletown, NJ 07748-2103	<b>Wednesdays</b>  April 3, 2019 to May 8, 2019	1:00 p.m. to 3:00 p.m.	Call Library at: 732-671-3700 x 317 or sign up online at mtpl.org

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<b>Moorestown Library</b> 111 W 2nd St, Moorestown, NJ 08057-2471	<b>Thursdays</b> April 4 , 2019 to May 9, 2019	10:00 a.m. to 12:00 p.m.	Call Library Reference Desk at: 856-234-0333
<b>Mt. Olive Senior Center</b> 204 Flanders-Drakestown Rd. Mt. Olive, NJ 07828	<b>Wednesdays</b> April 17 To May 22 2019	11:00 a.m. to 12:30 pm	Call center at: 973-448-7474
<b>Monroe Public Library (DSMP)</b> 4 Municipal Plaza Monroe Twp., NJ 08831- 1900	<b>Tuesdays</b> April 23, 2019 to May 28, 2019	1:00 p.m. to 3:30 p.m.	Call Library at: 732-521-5000
<b>Kenilworth Public Library (DEEP)</b> 548 Boulevard Kenilworth, NJ 07033-1667	<b>Thursdays</b> April 25, 2019 to May 30, 2019	10:30 a.m. to 12:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
<b>Royal Suites HC &amp; Rehab. Ctr. (DSMP)</b> 214 W. Jimmie Leeds Rd. Galloway, NJ 08205	<b>Tuesdays</b> April 30, 2019 to June 4, 2019	1:00 p.m. to 2:30 p.m.	Call Maggie Weaver at: (609) 350 8937 or mweaver@jfsatlantic.org
<b>Neptune Senior Center (DEEP)</b> 1607 Corlies Avenue Neptune, NJ 07753	<b>Wednesdays</b> May 6, 2019 to June 24, 2019	1:00 p.m. to 3:00 p.m.	Call Jarmaine Williams at: (732) 955-8168
<b>Five Branches Senior Center (DSMP)</b> 1 Brown Ave Iselin, NJ 08830-2989	<b>Wednesdays</b> May 22, 2019 to June 26, 2019	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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