

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- March Observance:
 - National Endometriosis Awareness Month [Link](#)
 - Colorectal Cancer Awareness Month [Link](#)
 - National Women and Girls HIV/AIDS Awareness Day [Link](#)
 - Patient Safety Awareness Week [Link](#)
- Tips to stay healthy while caring for loved one. [Link](#)
- *How to Buy Medicines Safely From an Online Pharmacy.* [Link](#)
- Tips to improve your memory. [Link](#)
- Leafy greens linked with slower age-related cognitive decline (research study). [Link](#)
- How to know if your pet is a healthy weight. [Link](#)
- Learn how to tell the difference between a cold and allergies. [Link](#)
- The AARP offers free tax return help for seniors, visit website to find locations near you. [Link](#)

WORKSHOPS & TRAININGS

- Diabetes Self-Management Program (DSMP) Peer Leader Training:
 - Ocean County: March 15 & 16. Time: Starting 9:00 am. To register contact Louanne Kane, 732-281-8391.
- Stress – Busting Program (SMP) for Family Caregivers Master Training:
 - Gloucester County: March 20 & 21. Time: Starting at 8:30 am. To register contact Heather Taylor, Heather.Taylor@dhs.state.nj.us or 609-588-2469.
- Chronic Disease Self-Management Program (CDSMP) Peer Leader Training:
 - Burlington County: March 21, 22, 28, & 29. Time: Starting at 9:00 am. To register contact Steven Ciccariello, sciccariello@rcbc.edu or 609-894-9311 ext. 1487.
- Cancer Thriving and Surviving Workshop:
 - Mercer County: March 29 – May 3. Time: Starting 12:30 pm. To register contact Tiona Moore, tmoores@trentonhealthteam.org or 609-944-8846.
- CDSMP & DSMP State Sponsored Master Training:
 - Mercer County: April 9 – 13 & April 16. Time: Starting 9:00 am. To register contact Keana Reed, 609-588-7682 or Keana.reed@dhs.state.nj.us.
- Project Healthy Bones Lead Coordinator Training:
 - Morris County: April 20 & 27. Starting at 8:30 am. To register, contact KK Hodapp, Kathleen.Hodapp@atlantichhealth.org or 973-971-7127.



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