

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- September Observances:
 - Falls Prevention Awareness Week (September 22-28) [Link](#)
 - Healthy Aging Month [Link](#)
 - National Preparedness Month [Link](#)
 - Ovarian Cancer Awareness Month [Link](#)
 - Prostate Cancer Awareness Month [Link](#)
 - World Alzheimer's Month [Link](#)
 - National HIV/AIDS and Aging Awareness Day (September 18) [Link](#)
- Information on *Chronic Pain: When You Should See A Doctor*. [Link](#)
- *Should You Get Your Flu Shot This Week?* [Link](#)
- Person-Centered Treatment for Pain. [Link](#)
- *According to the FDA, Grapefruit Juice and Some Drugs Don't Mix*. [Link](#)
- *7 Facts about Older Adults and SNAP*. [Link](#)
- Tips from the NIH on *Preventing Falls and Fractures*. [Link \(English\)](#) [Link \(Spanish\)](#)
- *How to Use Veterans Benefits with Medicare*. [Link](#)
- *4 Tips For Better Sleep While Caregiving*. [Link](#)
- Info. from FEMA on how Older Americans can *Prepare for Emergencies Now*. [Link](#)

TRAININGS & WORKSHOPS

- Chronic Disease Self-Management Program (CDSMP) Workshop:
 - Monmouth County: September 19 – October 24. Time: Starting at 12:30 pm.
To register contact Kathy Prybylski at 732-637-6390 or kprybyls@centrastate.com
- Matter of Balance Coach Training:
 - Essex County: September 20. Time: Starting 8:30 am. To register contact Monica Hanna at 973-972-4323 or hannama2@uhnj.org
- Cancer Thriving and Surviving Workshop:
 - Monmouth County: September 24 – October 29. Time: Starting at 10:00 am.
To register contact Andrea Tarr at 732-542-1326 or tatarr@scannj.org
- CDSMP and Diabetes Self-Management Program (DSMP) Peer Leader Training:
 - Sussex County: September 26 – October 2. Time: Starting at 8:30 am.
To register contact Diane Friedberg at 973-579-0555 ext. 1222 or dfriedberg@sussex.nj.us

