

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- October Observances:
  - National Breast Cancer Awareness Month [Link](#)
  - National Fire Prevention Month [Link](#)
  - Hispanic Heritage Month [Link](#)
  - Domestic Violence Awareness Month [Link](#)
  - Health Literacy Month [Link](#)
- Make the Most Out of Your Visit to The Doctor. [Link](#)
- *4 Ways to Better Understand Your Healthcare* from Kindred Health. [Link](#)
- Info From the Visiting Nurses Association on How to Stay Fit During Retirement. [Link](#)
- *5 Easy Ways to Protect Yourself Online*. [Link](#)
- Tips for using medicines safely from The Federal Drug Administration (FDA) and the Agency for Healthcare Research & Quality (AHRQ). [Link](#)
- How to Dispose of Unused Medications from the FDA. [Link](#)
- FEMA Provides Information on How to Stay Safe During a Fire. [Link](#)
- The Basics on Grandparents Raising Grandchildren from AARP. [Link](#)

## WORKSHOPS

- Chronic Disease Self-Management Program (CDSMP) Workshop:  
Bergen County: October 10 – November 14. Time: Starting at 11:00 am.  
To register contact 877-848-9355 or visit [pascackmedicalcenter.com/bewell](http://pascackmedicalcenter.com/bewell)
- Diabetes Self-Management Program (DSMP) Workshop:  
Atlantic County: October 16 – November 20. Time: Starting 1:00 pm.  
To register contact Maggie Weaver at 609-350-8937 or [mweaver@jfsatlantic.org](mailto:mweaver@jfsatlantic.org)
- Diabetes Self-Management Program (DSMP) Workshop:  
Mercer County: October 24 – November 28. Time: Starting at 10:00 am.  
To register contact Shirley Roberts at 609-631-6819 or Billie O'Donnel at 609-584-6725

