

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- September Observances:
 - Falls Prevention Awareness Week is September 22nd-28th [Link](#)
 - Healthy Aging Month [Link](#)
 - National Disaster Preparedness Month [Link](#)
 - National Food Safety Education Month [Link](#)
 - National HIV/AIDS and Aging Awareness Day is September 18 [Link](#)
 - National Senior Center Month [Link](#)
- Information to Help Children Understand Alzheimer's Disease from Mayo Clinic. [Link](#)
- *Tips to Keep You on Your Feet* and Prevent Falls from NIH. [Link](#)
- Resources to Help Fight Social Isolation from the National Resource Center on Nutrition & Aging. [Link](#)
- *Disaster Preparedness Guide for Seniors and Caregivers* from seniorliving.org. [Link](#)

WORKSHOPS & TRAININGS

- CDSMP Workshop:
 - Camden County: Oct. 3rd to Nov. 7th. Time: 7pm Location: Bethany Baptist Church, 1115 Gibbsboro Road Lindenwold, NJ 08021. To register contact Cynthia Jackson at 856-782-6751.
- Cancer Thriving and Surviving Workshop:
 - Hunterdon County: Oct. 1st to Nov. 5th. Time: 1pm. Location: Hunterdon Health & Wellness Center, 1738 Route 31 North Clinton, NJ 08822. To register contact Bonnie Petrauskas at 908-237-2328.
- Tai Ji Quan: Moving for Better Balance (TJQMBB) Instructor Training
 - Tuesday, Oct. 29th and Wednesday, Oct. 30th Time: 9am-5pm. Location: Somerset County Senior Wellness Center, 876 East Main St., Bridgewater, NJ 08807. To register contact Andrew Biederman at 609-438-4797.
- Project Healthy Bones Lead Coordinator Training
 - Wednesday, Oct. 23rd, 9am-3:30pm and Thursday, Oct. 24th, 9am-12:30pm at Parker at Monroe, 395 Schoolhouse Road Monroe, NJ 08831. In order to be certified, you must attend both days. A Lead Coordinator Application must be submitted and approved prior to registration. For an application and to register, contact Heather Taylor at Heather.Taylor@dhs.state.nj.us or 609-438-4798.

WEBINAR

- National Council on Aging (NCOA) is hosting a two-part series of webinars targeted at community health workers to educate them about the needs of older adults and trends in aging. The webinars will be offered in English on Sept. 24th from 2-3 pm, please register at this [Link](#), and in Spanish on Sept. 27th from 2-3 pm, please register at this [Link](#).



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