

HealthEASE

STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- January Observance:
 - Cervical Health Awareness Month [Link](#)
 - National Glaucoma Awareness Month [Link](#)
- New Year's resolution tips. [Link](#)
- Leafy green vegetables may boost an aging brain (research study). [Link](#)
- Data suggest that perceived high-quality social relationships may be an important factor in the maintenance of cognitive function (research study). [Link](#)
- Are you storing food safely? Learn the basics from the FDA. [Link](#)
- Bathroom safety tips for older adults. [Link](#)
- Learn basic facts and information on sleep problems. [Link](#)
- Learn about and if appropriate, sign-up with Register Ready, a system that allows emergency responders to better plan. [Link](#)

WORKSHOPS & TRAININGS

- Chronic Disease Self-Management Program Peer Leader Training:
 - Bergen County: January 25, 26, 29, & 30 Time: Starting 8:30 am. To register contact Marla Klein, MKlein@co.bergen.nj.us or 201-634-2693.
- Chronic Disease Self-Management Workshop:
 - Monmouth County: February 7 – March 14. Time: 12:30 – 3:00 pm. To register contact Kathy Prybylski, Kprybyls@Centrastate.com or 732-637-6390.

HAPPY NEW YEAR!



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