

# Press Release

FOR IMMEDIATE RELEASE



Contact: Christina Destro, Outreach Coordinator  
Phone: (732) 955-8143  
E-mail: [cdestro@hqsi.org](mailto:cdestro@hqsi.org)

## Free Diabetes Self-Management Workshops Offered in Elmer and Pittsgrove Township

ELMER, NJ (*Thursday, June 7, 2018*) – Quality Insights Quality Innovation Network, supported locally by Healthcare Quality Strategies, Inc., is partnering with the Borough of Elmer and Pittsgrove Township to provide free diabetes education. The program is funded by the Centers for Medicare & Medicaid Services (CMS), and it offers free self-management workshops that are open to people with Medicare who have diabetes, their family members and caregivers.

“The workshop has made me confront everything and I feel so much better, and so much more in control,” Marlene, a workshop graduate with Type 2 diabetes, said.

The free diabetes self-management workshops are designed to educate individuals about diabetes and help them learn how to manage and take control of their health through various tools, behavior modification and coping techniques. Participants learn about diabetes and its risks, preventing complications, healthy eating, exercise, how to deal with stress and difficult emotions, managing medications, and much more. Previous graduates of the program have lost weight, lowered blood sugar levels, improved eating habits, and bonded with others in their community going through similar experiences.

### There are two upcoming workshops in Salem County:

- Elmer Public Library  
120 S Main St, Elmer, NJ 08318  
Thursdays, July 12, 2018 to August 16, 2018  
10:00 a.m. to 12:00 p.m.
- Pittsgrove Township Senior Center  
743 Centerton Road, Pittsgrove, NJ 08318  
Thursdays, July 12, 2018 to August 16, 2018  
1:00 p.m. to 3:00 p.m.

Participants will receive complimentary healthy refreshments, literature, and giveaways such as diabetes socks, plates, pill boxes, and more.

To register for either free workshop, call Jarmaine Williams at (732) 955-8168. Transportation may be available through the Salem County Office on Aging & Disability Services. Please call (856) 339-8644 between 10:00 a.m. and 3:00 p.m. for more information. Visit [www.qualityinsights-qin.org](http://www.qualityinsights-qin.org) to learn more about Quality Insights Quality Innovation Network, or to read real success stories about people with diabetes in New Jersey who completed this program and experienced positive results.

### About Quality Insights Quality Innovation Network

Quality Insights is the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Delaware, Louisiana, New Jersey, Pennsylvania and West Virginia. Quality Insights collaborates with healthcare providers, patients and allied organizations across the network to bring about widespread, significant improvements in the quality of care they deliver. Our goal is better care, smarter spending and healthier people. To learn more about the network, visit [www.qualityinsights-qin.org](http://www.qualityinsights-qin.org).

###



This material was prepared by Quality Insights, the Medicare Quality Innovation Network-Quality Improvement Organization for Delaware, Louisiana, New Jersey, Pennsylvania and West Virginia under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication number QI-B2-NJ-060618b