



## PRESS RELEASE

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For Immediate Release

Diabetes affects 12.2 million Americans aged 60+, or 23% of the older population.

The Randolph Township Health Department and NORWESCAP offers a free workshop **Take Control of Your Health Workshop: Diabetes Self-Management Workshop**. Do you have Type 2 Diabetes? Do you want to alleviate pain and fatigue? Do you want to be more independent and get more out of life? If so, the Take Control of Your Health: Diabetes Self-Management Workshop...is for you!

Topics covered:

Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, and stress; appropriate exercises; healthy eating; appropriate use of medications; working more effectively with health care providers.

Join this **FREE** 2 ½-hour **interactive** Workshop, held each week for six weeks for adults and caregivers who want to take charge of diabetes.

**Take Control of Your Health: Diabetes Self-Management Workshop** is a fun and practical course which can help people with ongoing conditions overcome these daily challenges, and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques, so they will have the tools they need to help themselves.

Small groups of participants (usually 10 to 15) meet for 2½ hours, once-a-week for six weeks. The highly interactive classes are led by pairs of trained leaders – most have ongoing health conditions themselves and have successfully adopted the techniques taught in the program.

The course is offered at no cost to participants, and they also receive a free copy of the excellent reference book “Living a Healthy Life with Chronic Conditions”.



**Classes will be held From October 23 – November 27 at the  
Rockaway Borough Community Center, 21 – 25 Union Street,  
Rockaway, NJ 07866**

**Every Tuesday – 1:00pm to 3:30pm.**

**For more information or to register call Kris at 973-537-7125**

“The value of the program is in how it assists participants in making a plan and seeing results.” said Nancy Hess, program director for Skylands RSVP Volunteer Resource Center of NORWESCAP, a non-profit organization that trains peer leaders to run the workshops in several counties, including Morris, Warren and Passaic. “They take small steps and find success in accomplishing those. That is what makes the program so powerful, that sense of accomplishment and enabling them to see more success in their life.”

*Take Control of Your Health, developed by Stanford University and the Self-Management Resource Center, is delivered by Skylands RSVP Volunteer Resource Center sponsored by NORWESCAP in conjunction with NJ Department of Human Services, Division of Aging Services and various local organizations.*