



Township of Montgomery

Mayor Rich Smith

Deputy Mayor Chris Sugden

Ed Trzaska

Patricia Graham

Christine Madrid

Montgomery Township

Health Department

Also serving Hopewell Borough & Pennington Borough



'Take Control of Your Health' Weekly Workshops Starting July 16th



Take Control of Your Health is a chronic disease self-management workshop series, covering:

- Fitness & exercise
- Management symptoms
- Difficult emotions

- Pain & Fatigue
- Nutrition
- Medications
- Treatment decisions
- Creating action plans

If you have diabetes, arthritis, heart disease, hepatitis, COPD, or any other health condition that requires management on a regular basis...**Take Control of Your Health** is the right choice!

Location: Montgomery Township Municipal Building
2261 Route 206, Belle Mead, NJ 08502

Date(s): July 16 - August 20, 2014 (once per week) for 6 weeks
7/16, 7/23, 7/30, 8/6, 8/13, and 8/20

Time: Wednesdays, 6:00pm - 8:30pm

Cost: \$20 for all 6 sessions

RSVP: Call (908) 533-9331 to reserve a space.

Dinner Will Be Served

- Learn ways to control pain and other symptoms, get around better, and stay independent.
- Talk to other people about what helps them deal with their health problems.
- These workshops are led by trained instructors who have or understand health problems like yours.

People who take the workshops:

- Have more energy and less pain
- Feel less tired and less depressed
- Get more exercise
- Can talk to their doctors more easily
- Are more confident they can manage their own health

Workshops are 2½ hours long. They meet once a week for 6 weeks

Open to all residents of New Jersey

Other Community Bulletins

Website Bulletins

Fire Co. #2 Wetdown Celebration July 26th

Montgomery Township Volunteer Fire Company #2 will celebrate their new Engine 46-107 E-One Cyclone II CAFS Pumper with a wetdown celebration on July 26th. A "wetdown" is a celebration when a Fire Department purchases a piece of new equipment and...

Police Press Release - 7/08/14

On 7/3/14 a resident on Chicopee Drive in Montgomery Woods reported his black 2012 Jeep Wrangler was stolen during the overnight hours. The actor used keys previously stolen from the vehicle to drive it away. On 7/3/14 at 7:07 p.m.,...

Police Press Release - 7/03/14

On 07/03/2014 at approximately 6:16 AM patrol responded to Chicopee Drive for a motor vehicle theft. The vehicle had been parked in the driveway when it was stolen between the hours of 10:00 PM on 07/02/2014 and 6:16 AM on...

Police Press Release - 7/02/14

On Friday June 27, 2014 at 9:25 pm, Montgomery Police arrested Wolfgang A. Erdel, 19, of Skillman, NJ. W. Erdel was driving a 2002 Chevrolet Impala on County Route 518. The vehicle was stopped by a Montgomery Township Police Officer...

Be Bear Aware

With several prominent sightings of black bears in Central and South Jersey over the past few weeks (note: including Cranbury and Monroe Townships this week), the Department of Environmental Protection recently issued a press release reminding residents in all 21...

County's Next "First Saturday" Recycling Drop Off is July 12th

The next First Saturday of the Month Drop-off event is July 12 from 8 a.m. to 2 p.m. at the Somerset County Recycling Center, located at 40 Polhemus Lane, Bridgewater, NJ 08807. July's First Saturday is being held the following week...

GPYO Orchestra and Chorale Auditions

The Greater Princeton Youth Orchestra will be holding auditions for our upcoming season for all three of our orchestras plus the newly formed GPYO Choir! To register for an audition,

please visit our website at www.gpyo.org/auditions. GPYO has been training...

Frequently Used Phone Numbers

Main Offices : 908-359-8211

Police (Emergency) : 9-1-1 or 908-359-3222

Recreation : 609-466-3023

Rec Sports Field Hotline: 800-731-8412

Senior Center : 609-466-0846

Food Pantry : 609-466-1054

Dept. of Public Works : 908-874-3144

Pothole Hotline : 908-874-8947

Kid Connection : 908-359-2111

Quick Links...

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[Township Newsletter Page](#)

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