

Having trouble viewing this email? [Click here](#)



Township of Montgomery

Mayor Rich Smith
Deputy Mayor Chris Sugden
Ed Trzaska
Patricia Graham
Christine Madrid

As we pause to reflect on the tragedy of **9-11-01**, 13 years ago today, please remember the Memorial Service this Saturday, Sept. 13th at 11 a.m. at the 9/11 Memorial adjacent to Fire Station 2 on Route 518 in Blawenburg. There will be a brief presentation followed by a moment of silence. Parking will be behind the station. Thank you.

Montgomery Township

Health Department

Also serving Hopewell Borough & Pennington Borough



'Take Control of Your Health' Management Workshops Start October 1st



If you have diabetes, arthritis, heart disease, hepatitis, COPD, lyme, cancer, or another on-going health issue

...

Take Control of Your Health Workshops can help improve the quality of your daily living by teaching you skills to better manage your condition.

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

- Fitness & exercise
- Management of symptoms
- Difficult emotions
- Pain & Fatigue
- Nutrition
- Medications
- Treatment decisions
- Creating action plans

Take Control of Your Health is the healthy choice!

Find out more. Call (908) 531-9331 or go to: <http://www.twp.montgomery.nj.us/betterhealth/>

Location:

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

Date(s):

October 1 - November 5, 2014 (once per week) for 6 weeks
10/01, 10/8, 10/15, 10/22, 10/29 and 11/05

Time:

Wednesdays, 6:00pm - 8:30pm

Cost:

\$20 for all 6 sessions

RSVP:

Call (908) 533-9331 to reserve your space.

Limited reservations will be taken.

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 and include dinner. They meet once a week for 6 weeks.

Open to all residents of New Jersey

Other Community Bulletins

[Website Bulletins](#)

[Sojourner Truth to deliver "Ain't I a Woman" Speech Sept. 18th](#)

Dr. Daisy Century of American History Theatre brings former slave, abolitionist, and suffragette Sojourner Truth to life. This free event will take place Thurs., Sept. 18th in the program room of the Mary Jacobs Library, 64 Washington St., Rocky Hill,...

[Police Press Release 9/08/14](#)

On 09/08/2014 at approximately 9:07 p.m., Montgomery Township Police arrested Tsonia McDonald, 33, of Trenton, NJ. McDonald was

driving on US Hwy Route 206 in Montgomery Township when an officer stopped her for an equipment violation. During the motor vehicle...

[Farmers' Market is still open Sat. A.M.s until October 25](#)

Montgomery Farmers' Market hours are Saturdays from 9:00am to 1:00pm at the Village Shopper, 1340 Route 206, Montgomery To get on the Farmer's Market email list and receive weekly coupons, email FarmMarketManager@montgomeryfriends.org . 2014 Montgomery Friends Farmers' Market Sponsors: Blue...

[NOTICE OF GREEN ACRES PUBLIC HEARING](#)

Please take notice that the Township of Montgomery (Township) will hold a public meeting on Monday, October 13, 2014 at 7:00 p.m. at the Township's Municipal Offices, located at 2261 Van Horne Road, Belle Mead, New Jersey. The purpose of...

[Rx Drive-Thru Medicine Drop-off Sept. 13 in Branchburg](#)

Somerset County Sheriff Frank J. Provenzano invites county residents to take advantage of the next Rx Mission Drive-in/Drop-Off Saturday, Sept. 13, from 9 a.m. to 2 p.m., at the Branchburg Township Public Works Garage, located at 34 Kenbury Road 08876,...

[Police Press Release 9/03/14](#)

Emergency Medical Service Squad 47, Montgomery Township Fire Co. #1 and #2 responded to the area of 255 Bridgepoint Road for a brush fire. The fire was approximately 15 square yards in size. It was extinguished without incident. Source: Montgomery...

[Twp. Health Dept. Announces Fall Influenza Immunization Clinics](#)

The Montgomery Township Health Department will conduct a number of flu clinics this fall. Interested residents may register for an appointment, STARTING ON SEPTEMBER 8th. For full details, please go to the Immunizations page of this website under Health. You...

[Police Press Release 09/02/14](#)

On 8/31/14 at 10:27 p.m., Ofc. Ryan Gray stopped a 2002 BMW driven by 29 yoa Leonard S. Borriello of Windsor, CT for failing to maintain a lane on Rt. 206. The officer smelled the odor of alcoholic beverage

during...

[School's Open Drive Carefully](#)

Photo: Kenneth Chrusz, Manager, AAA Safety Services (l) and Officer Joseph Zizwarek, Traffic Safety Officer, Montgomery Township Police Department (r) remind motorists that "School's Open Drive Carefully" as part of a mutual educational campaign in the greater Somerset County area. ...

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...

[Montgomery Township Website Homepage](#)

[Township Committee Page](#)

[Township Newsletter Page](#)

[Township Gov't Meeting Videos](#)

 Forward to a Friend

 Like us on Facebook 

Follow us on [twitter](#)



Join Our Mailing List!

[Forward this email](#)

SafeUnsubscribe™

This email was sent to tgaraffa@montgomery.nj.us by tgaraffa@twp.montgomery.nj.us | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Township of Montgomery | 2261 Rt 206 | Belle Mead | NJ | 08558