

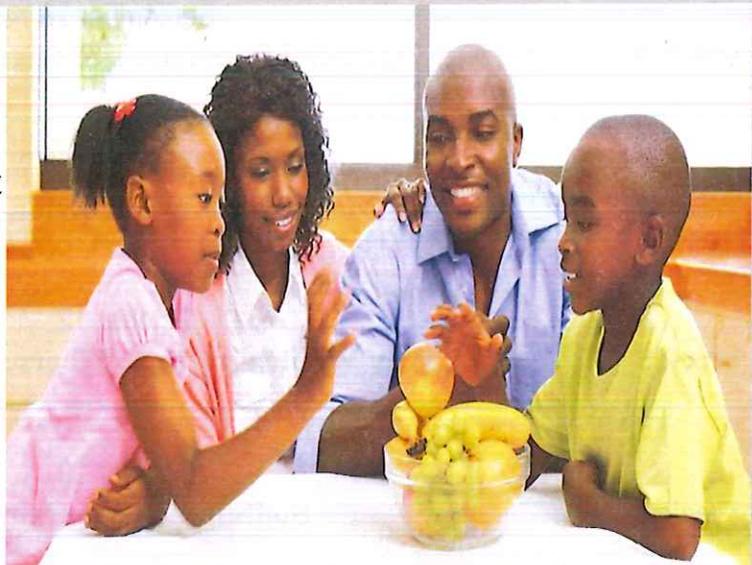
presents

THE POWER OVER DIABETES: Empowering Our Brothers & Sisters

RWJUH Somerset's Community Department is offering a diabetes prevention program for African American adults aged 18 and older!

Classes Include:

- Type 2 diabetes assessment with a Registered Nurse: blood-sugar, cholesterol and blood pressure
- Meal planning and nutrition education with a Registered Dietitian
- Tips for preparing traditional dishes in a healthy way
- Tips on how to be more active throughout the day



**A FREE 10 WEEK program beginning
Wednesday, September 14, 2016**

**Location: Somerset Family Practice
Conferences Room
110 Rehill Avenue Somerville, NJ 08876**

Time: 6:30 pm to 8:00 pm

Join us on the path to a healthier YOU!

**To pre-register and participate in this FREE program, please call
Nour Abraham at 908-595-2606**

**THE POWER OVER DIABETES:
Empowering our Brothers & Sisters**

***Somerset Family Practice Conference Room
Wednesday, September 14, 2016***

September 14, 2016

Week 1 Initial Diabetes Risk Assessments & Goal Setting

September 21

Week 2 Program Introduction to Diabetes & Nutrition 101

September 28

Week 3 Artificial Sweeteners & Getting Active

October 5

Week 4 Meal Planning & Portion Control

October 12

Week 5 Why Whole Grains & Fibers are Important

October 19

Week 6 Sodium, Fats & Cholesterol

October 26

Week 7 Holistic Care

November 2

Week 8 Smart Shopping in a Grocery Store

November 9

Week 9 Preparation of Healthy Traditional Meals

November 16, 2016

Week 10 Follow-Up Diabetes Risk Assessments & Program Conclusion