

Press Release

FOR IMMEDIATE RELEASE



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

Free Diabetes Programs Offered in Mount Laurel and Marlton

MOUNT LAUREL, NJ (August 6, 2018) – Quality Insights Quality Innovation Network, supported locally by Healthcare Quality Strategies, Inc. (HQSI), is partnering with Rowan Family Medicine - Mount Laurel to offer free diabetes education as part of Everyone with Diabetes Counts (EDC). The EDC program is a national initiative of the Centers for Medicare & Medicaid Services (CMS). The program offers free self-management workshops that are open to people with Medicare who have diabetes, their family members and caregivers.

The free diabetes self-management workshops take place once a week for six weeks and are designed to educate individuals about diabetes and help them learn how to manage it through various tools and 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.

Dr. Samantha Plasner of Rowan Family Medicine acknowledges the need for this program in Mount Laurel.

“Having community support is a huge component often missed in diabetes management and this program provides that, along with critically important information that will really help my patients,” Dr. Plasner said.

The free workshop series is taking place at Mount Laurel Library on 100 Walt Whitman Ave in Mount Laurel, NJ 08054 on Thursdays, September 13 to October 18, from 10:00 a.m. to 12:00 p.m. To register, call the library’s information desk at (856) 234-7319 ext. 333 or go online: www.mountlaurellibrary.org.

There is another free series taking place at CareOne at Evesham on 870 E Route 70, Marlton, NJ 08053 on Thursdays, September 6 to October 11, 2018, from 1:30 p.m. to 3:30 p.m. To register, call Jarmaine Williams at (732) 955-8168.

Visit 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 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.

###



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-080218c