HealthEASE

Health Education Curriculum Training

The New Jersey Department of Human Services, Division of Aging Services is holding a **FREE** HealthEASE leader training. The Health Education Curriculum consists of 8 one-hour modules on health promotion and disease prevention. The modules can be used as stand-alone sessions or conducted as a series. The pre-packaged curriculum, designed by topic experts from the New Jersey Geriatric Education Center, cover health promotion topics that are critical to help individuals age 50 or older maintain good health. Each module includes a presentation (with instructor notes), an activity, handouts, pre/post-tests, and instructor resources. You will receive a binder with each module, as well as access to an online portal for all needed materials.

Program Modules:

- Be Wise About Your Medications (Medication Management and Substance Abuse)
- Bone Up On Your Health (Osteoporosis)
- Keeping Up the Beat (Heart Health)
- Keeping Your Mind Sharp (Maintaining Memory/Cognitive Skills)
- Move to Get F.I.T. (Physical Activity)
- Serving Up Good Nutrition (Healthy Eating)
- Standing Tall Against Falls (Fall Prevention)
- Women's Health: The Big Three (Heart Disease, Stroke, Breast Cancer)



Northern Regional Training – Somerset County

Thursday, August 21st 2025 | 9:30 AM – 12:30 PM

Somerset County Department of Health
27 Warren Street
Somerville, NJ 08876

***Registration is required, space is limited**. **Please register by August 11th**

Southern Regional Training – Atlantic County

Thursday, August 28th 2025 | 9:30 AM – 12:30 PM

St. Anthony of Padua Church
285 Route 206
Hammonton, NJ 08037

***Registration is required, space is limited**. **Please register by August 18th**

REGISTRATION OR QUESTIONS?

To register or for any questions, please contact Andrew.Biederman@dhs.nj.gov or Heather.Taylor@dhs.nj.gov. Please include your full name, agency, counties you serve, phone number, and e-mail. You will receive confirmation upon registration.