



TOWNSHIP OF HILLSBOROUGH

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News Release

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FOR IMMEDIATE RELEASE
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Mayor's Wellness Campaign and Health Department Join Forces to Offer Free, 6-Week Workshop

'Take Control of Your Health' Weekly Workshop Begins May 28th

The Mayor's Wellness Campaign and the Hillsborough Health Department joined forces to present a 6-week workshop to address chronic illness.

"The Stanford Chronic Disease Self-Management Plan is a 6-week, one session per week, chronic disease workshop covering fitness, exercise, nutrition, managing symptoms, pain, fatigue, treatment decisions and developing health related action plans," stated Mayor Doug Tomson.

This workshop is designed to help those dealing with chronic conditions such as arthritis, asthma, obesity, heart disease, COPD, diabetes, Hepatitis, osteoporosis, Lyme Disease, and other chronic conditions. The series of 6 workshops will be held once per week on Thursdays, beginning May 28th, from 4:45pm to 7:15pm at the Hillsborough Municipal Building. The workshops will be facilitated by 2 peer leaders trained in the Stanford Model of Disease Management.

Participants of the program have reported that they have experienced more energy, less pain, reduced fatigue and decreased depression. Additionally, they exercised more and had more confidence in discussing their health needs with their doctors more easily. Ultimately, they took control of managing their own health.

It is important to note that this program does not replace existing disease specific programs or treatments; but rather is designed to enhance those treatments. It is especially helpful for people with more than one chronic condition by teaching the skills to coordinate all the things needed to manage overall health.

This program was tested by over 1,000 people with heart disease, lung disease, stroke, and arthritis, who participated in the program and were followed for up to 3 years. Subjects who participated in the program were compared to those who did not and participants showed significant improvement in exercise, symptom management, communication with physicians, better general health and less fatigue. They further trended towards fewer visits to their physicians as well as a decrease in hospitalizations.

“We are offering this workshop in cooperation with the Montgomery Township Health Department via a grant they were awarded from the National Association of County and City Health Officials,” added Frank DelCore, liaison to the Board of Health.

To register, please contact Devangi at the Montgomery Township Health Department at 908-533-9331. Space is limited and registration is required. Light refreshments will be served.

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