

This Conference is Co-Sponsored by:

- Office of Minority and Multicultural Health,
NJ Dept. of Health and Senior Services
- Middlesex County Dept. of Aging
- SKN Foundation

HOW CAN I REGISTER?

1. Send a check payable to United Way of Central Jersey
and mail it to:

*United Way of Central Jersey
Attn: Jagdish Vasudev
32 Ford Avenue, Milltown, NJ 08850*

If you have any questions about the
conference, please contact:

Jagdish Vasudev at (732) 247 3727 Ext. 32
or Email: jvasudev@uwcj.org

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WE THANK YOU AND LOOK FORWARD TO
SEEING YOU AT THE CONFERENCE !

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NEW AMERICANS PROGRAM OF UNITED WAY OF CENTRAL JERSEY

AND

SKN FOUNDATION

ARE PROUD TO ORGANIZE

A Conference for Asian Americans
and Caregivers On
Diabetes and Its Complications



Conference Objectives

- 1) Learn more about common age-related illnesses (with an added focus on heart disease and diabetes): the risk factors, the symptoms, the impact (especially if untreated) and management
- 2) Highlight the critical impact of Nutrition and lifestyle changes -- diet modification and increased physical fitness activity to empower patients and caregivers to take control in management of chronic illnesses.

Event Details

NOVEMBER 20, 2010
8:00 am to 3:30 pm

Breakfast and Lunch will be provided
at
Middlesex County Fire Academy
1001 Fire Academy Drive
Sayreville, New Jersey

Registration Fees:

EARLY BIRD: \$15 PER PERSON, \$25 PER COUPLE
AFTER NOV. 1: \$25 PER PERSON, \$40 PER COUPLE

Tentative Program

8:00-8:30 Breakfast

8:30-12:30

Keynote Speaker- Dr. Poonam Alaigh
Commissioner of NJ State Health and Senior Services; New Jersey (Invited)

Cardiovascular Complications of Diabetes - Dr. Dinesh Singal
Dir. Of Cardiac Cath. Lab at St. Peters Univ. Hospital

Overview of Diabetes - Dr. Meena Murthy
Chief Div. of Endocrinology, Nutrition and Metabolism at St. Peters Univ. Hospital

Self Management of Diabetes- Dr. Manjeet Kaur
President, Hermann Wellness Professional

and

Aruna Rao
Associate Director of NAMI, NJ

12:00-1:00 Lunch

1:00-3:30 Concurrent Workshops:

Workshop I:

Nutrition focused on Diabetes

Presentation by two Professional Nutritionists from St. Peters Univ. Hospital

Concurrent Workshop II:

Life Style Adjustments in Managing Diabetes and Cardio Vascular Diseases

Presentation by Dr. Manjeet Kaur and Aruna Rao

Wrap-Up