Riverside
Post Acute

For Immediate Release

Free, Six-Week Diabetes Self-Management Workshop Starts July 2 at Riverside Post Acute in Jacksonville

Program in Partnership with Northeast Florida AHEC

JACKSONVILLE, Fla. (June 19, 2026) — Riverside Post Acute in Jacksonville is hosting a free, six-week diabetes self-management program in partnership with Northeast Florida Area Health Education Center (AHEC). The workshop, designed for adults over 60 or who are disabled, runs from July 2 through August 6, with meetings every Thursday from 9 to 11:30 a.m. at Riverside, located at 1750 Stockton Street.

The program will provide strategies to prevent or delay diabetes complications, techniques to manage blood sugar, practical ways to cope with stress and anxiety, strategies for sick days, and nutrition and exercise tools. ElderSource and Elder Affairs Florida are also sponsoring the program.

“This program is essential for anyone with diabetes looking for support, with insightful classes to help improve quality of life,” said Pam Montemurno, regional director of market development at Marquis Health Consulting Services, which supports Riverside Post Acute. “The team at Riverside is proud to host this program and work with Northeast Florida AHEC to make a real impact on the local community.”

To register for the program, please call Northeast Florida AHEC at 904-382-0189 or 1-877-784-8486.

Northeast Florida AHEC is a non-profit organization that works to improve the health and well-being of adults aged 60 and over. Their mission is to create academic and community partnerships for the improvement of health in underserved communities. The organization serves Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.

Riverside Post Acute has an established reputation for quality. The Jacksonville center, featuring CardioPro cardiac rehabilitation, has achieved designation as an American Heart Association Heart Failure Certified Skilled Nursing Center, joining less than 1% of skilled nursing centers nationwide, to date. More information on Riverside and

its additional specialty care programs can be at riversiderehabhc.com. Marquis Health Consulting Services provides administrative consulting services to skilled nursing facilities and senior living communities along the Eastern Seaboard. The company's "Care, anew" philosophy supports its mission to help clients transform industry processes, mindsets and outcomes.

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About Riverside Post Acute
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