



Stockton Center on Successful Aging to Host Workshop on Mind-Body Health Issues

Free Session in Manahawkin on Nov. 7

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Galloway Township, NJ - Learn more about improving your health and sense of well-being by exploring mind-body health issues at a free presentation on **Friday, Nov. 7** at the Manahawkin Instructional Site of The Richard Stockton College of New Jersey.

Doreen L. Greenberg, Ph.D, will present a hands-on workshop on the physical, mental, social, and environmental aspects of wellness. The workshop will cover research as well as experiences and observations, and teach skills and strategies. Participants will have the opportunity to practice techniques for a healthier life.

Dr. Greenberg is a certified consultant in sport psychology and adjunct instructor of Psychology at Stockton College. She is also a member of the United States Olympic Committee's National Sport Psychology Registry, and has worked with club, school, college, professional and Olympic athletes in a variety of sports.

Topics will include: What Does it Mean to be Healthy; Stress & Health; Coping Strategies for Chronic Illness/Pain; and Resilience – A Life in Balance.

The session will take place from 12-1:30 p.m. on Nov. 7 at Stockton's Manahawkin Instructional Site at 712 East Bay Ave. Light refreshments will be provided. The event is sponsored by the Stockton Center on Successful Aging and the Manahawkin site.

Visit the SCOSA website at www.stockton.edu/scosa for listings of all SCOSA events, information, updates and cancellation procedures.