

Learn How to Reduce Stress at 'Brunch & Learn' on June 9 at Stockton's Manahawkin Site

For Immediate Release ; with Henninger photo
Wednesday, May 25, 2016

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Galloway , N.J. - Learn how to "Stress Less" with Judith Henninger, RN, a senior wellness specialist at AtlantiCare Health Engagement, who will speak at Stockton University's Manahawkin Instructional Site on Thursday, June 9.

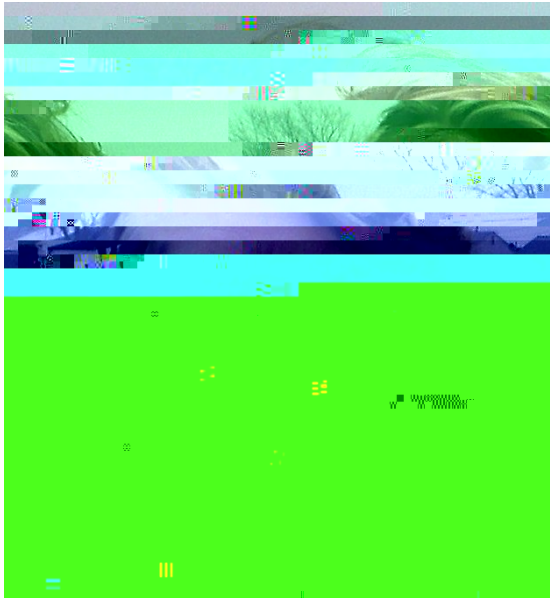
Henninger has over 30 years of experience as a registered nurse and over 26 years as a health and wellness coach. She is a certified holistic life coach and tobacco treatment specialist whose approach balances mind, body, and soul management.

The free public "Brunch & Learn" session will be offered from 10:30-11:30 a.m. at the university's site, 712 E. Bay Ave. in Manahawkin, N.J. It is part of a series of presentations sponsored by Stockton's Manahawkin Instructional Site & AtlantiCare.

Please call (609) 677-7507 to register.

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-Photo below-



Judith Henninger photo from AtlantiCare