

Stockton Center on Successful Aging Presents 'Food for Thought' Workshop for Older Adults

Session on Staying Healthy & Happy As You Age Set for Oct. 7

For Immediate Release

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Galloway Township, NJ – The Stockton Center on Successful Aging is sponsoring a free workshop, "Staying Healthy & Happy as You Age," for older adults at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, NJ, on Wednesday, Oct. 7 from 1 – 3 p.m.

The complimentary luncheon begins at 1 p.m. and is donated by Woodview Estates. Maryann Prudhomme, a Registered Nurse, will facilitate the workshop which begins at 2 p.m.

Prudhomme, who has over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, will discuss how to stay healthy and happy by using readily available simple methods: food, sleep and active fun.

Older adults are invited to bring family and friends and have some fun learning to be healthy and happy.

Call 609-625-4878 or email residentservices@woodviewestates.com for directions and to register for this free workshop.

Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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