

“Staying Healthy and Happy as You Age” Free Seminar Offered by Stockton Center on Successful Aging

Event to Take Place on April 16 in Northfield

For Immediate Release

Wednesday, March 27, 2013

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Galloway Township, NJ - The Stockton Center on Successful Aging will sponsor a free informational seminar titled Staying Healthy and Happy As You Age, on April 16, 2013 from 10 a.m. to 11:30 p.m. at the Dr. Leinweber Senior Center, 235 Dolphin Ave., in Northfield; Phone: (609) 645-5954.

Maryann Prudhomme, a registered nurse with over 30 years of management and clinical experience in healthcare and nursing in both acute care and home-care settings, will make the presentation. Attendees will learn techniques to stay healthy and happy by managing how they utilize food, sleep, and active fun.

The event is free and open to the public.

Visit the SCOSA website for updates and schedule changes: www.stockton.edu/scosa
or call (609) 626-3591.