

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

For Immediate Release; with Henninger photo

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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.

She will present an overview of stress management with an interactive hour of stress management tools and techniques.

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