

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Center on Successful Aging Sponsors Free Lecture for Older Adults at Atlantic City Free Public Library

***Stress Reduction through Diet and Physical Activity is scheduled for
Monday, August 8, 2011.***

For Immediate Release

Wednesday, July 27, 2011

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) has partnered with the Atlantic City Free Public Library OASIS Program to bring relevant educational opportunities to older adults in Atlantic County. The workshops will be held at the Atlantic City Free Public Library on 1 Tennessee Avenue in Atlantic City from 10:30 am to 11:30 am on the first or last Monday of each month.

SCOSA is presenting ***Stress Reduction through Diet and Physical Activity*** on Monday, August 8, 2011 at 10:30 am at the library on Tennessee Avenue in Atlantic City. This lecture is presented by Joanne Kinsey, M.S., CFCS, Rutgers Cooperative Extension of Atlantic & Ocean Counties. Did you know that you can manage stress with a healthy diet and physical activity? This session will practice laughter exercises as a strategy for healthy stress management.

For more information, please contact: Mimi Lee, Outreach and Events Coordinator at the Atlantic City Free Public Library at 609-345-2269 ext. 3115.

Information on SCOSA and scheduled events can be found on their website at www.stockton.edu/scosa .