

## **Stockton Center on Successful Aging Presents Free Workshop for Older Adults**

'Laughter is the Best Medicine' at Spring Village in Galloway on July 9

### ***For Immediate Release***

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**Galloway Township, NJ** – The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop titled, "Laughter is the Best Medicine" for older adults at Spring Village located at 46 W. Jimmie Leeds Rd. in Galloway, N.J. on **Saturday, July 9** at 10:30 a.m. Older adults from the community are invited to attend. Light refreshments provided by Spring Village.

Maryann Prudhomme, a registered nurse, will share how to stay healthy and happy by using the things that you love: food, sleep and active fun. Participants are invited to bring family and friends to have fun learning to be healthy and happy.

Prudhomme has over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings.

[Register online](#) or call 609-626-3591. Visit the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa) for more information, updates and cancellation procedures.

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