



## **Stockton to Offer Community Health Programs At Woodbine Instructional Site Beginning Jan. 26**

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

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**Galloway Township, NJ** - The Southern Regional Institute and ETTC (SRI&ETTC) in the School of Education at The Richard Stockton College is hosting a series of free community health programs at the instructional site at the Sam Azeez Museum of Woodbine Heritage and Culture in Woodbine, NJ, to help participants take control of their lives and better manage their health conditions.

These evidence-based programs will be presented by the Parish Nurse/Lifestyle Management Program at Cape Regional Medical Center and will provide helpful information to older adults as well as their family members and caretakers.

The six-part series will include the following topics: how to manage your symptoms; how to get started with healthy eating and exercise; how to communicate effectively with your doctor and health care team; how to manage your fear, anger and frustration; how to make daily tasks easier; and how to get more out of life.

The programs will run from 10 a.m. to 12 p.m. on **Mondays, Jan. 26, Feb. 2, 9, 16, 23, and March 2, 2015** and will be presented by Bonnie Kratzer from the Cape Regional Medical Center and Dick Colosi from the Cape May County Department of Health.

Programs are free and open to the public and will be held at the Azeez Center, 610 Washington Ave., Woodbine, NJ.

For more information contact the SRI&ETTC at 609-626-3868 or Bonnie Kratzer at 609-463-4043.

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