

Stockton Center on Successful Aging Presents Free 'Laughter' Workshop for Older Adults Oct. 13

For Immediate Release

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Galloway, N.J. – The Stockton Center on Successful Aging is sponsoring a free workshop for older adults, “Laughter is the Best Medicine,” at the Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton, N.J. on **Thursday, Oct. 13**, from 11 a.m. – noon.

Maryann Prudhomme, R.N., will facilitate the workshop on how humor and laughter are a prescription for living better.

Prudhomme has over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings. Attendees will receive laughter guides to take home and share with family and friends.

[Register online](#) or call 609-626-3591.

Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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