



Get FIT @Stockton

- Community based Health Promotion and Wellness program
- Goals - Educate, exercise and engage in social participation for community partners with an emphasis on those with disabilities
- Utilize IPE (inter-professional education) approach with PT, OT, Nursing and Health Sciences students
- No cost to participants

Program Details

- Monday & Wednesdays 6-7:30pm on Stockton's Galloway campus
- Sessions include nutrition education and exercise with Stockton students
- Fall and Spring semesters: new participants welcome at the start of each new session
- Participants must submit medical clearance from their personal doctor
- Pretest and posttest of fitness measure on the first and last day of each session.
- Must be a minimum of 16 y.o.
- Participants must have a guardian or caregiver present during sessions.

For more information, please contact Dr. Mary Kientz at Mary.Kientz@stockton.edu or 609-626-6843

