

Stockton's Kramer Hall to Host AtlantiCare Lunch and Learn on Stress Management Oct. 19

A Wellness Specialist to Guide Participants Through Stress Management
Techniques

For Immediate Release

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Galloway, N.J. - Stockton University's Kramer Hall is partnering with AtlantiCare to host a free Lunch and Learn event on stress management on **Wednesday, Oct. 19, 2016** at noon.

Awilda Guzman, a wellness specialist with AtlantiCare, will give an in-depth explanation of stress, its overall effects on health and will guide participants through stress management techniques. Guzman is a certified wellness coach and certified matter of balance coach.

Kramer Hall is located at 30 Front St. in downtown Hammonton, N.J. This free event is open to the public and includes lunch. Seating is limited, so please RSVP to Ginna Petrillo at ginna.petrillo@stockton.edu or call 609-626-3837.

For more information about classes and events at Stockton University's Kramer Hall, visit Stockton.edu/hammonton.

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