

## Stockton Center on Successful Aging Presents Free Laughter Workshops for Older Adults

Events in Mays Landing on Aug. 3 and Hammonton on Aug. 4

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

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**Galloway, N.J.** – The Stockton Center on Successful Aging is sponsoring a free workshop, “Laughter is the Best Medicine,” for older adults at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, N.J., on **Wednesday, Aug. 3** from 1- 3 p.m.

The complimentary luncheon begins at 1 p.m. and is donated by Woodview Estates. Maryann Prudhomme, RN, will facilitate the workshop that begins at 2 p.m. Call 609-625-4878 or email [residentservices@woodviewestates.com](mailto:residentservices@woodviewestates.com) for directions and to register for this free workshop.

“Laughter is the Best Medicine” will also be presented at the Hammonton Senior Center, 310 Bellevue Avenue, Hammonton, N.J., on **Thursday, Aug. 4** from 10:30 - 11:30 a.m. Older adults from the community are invited to attend. No registration is necessary.

Join Prudhomme, a Registered Nurse with over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, to learn how you can use humor and laughter to feel better and age well.

No registration necessary. 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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