



Kramer Hall Presents 'Queen of Hearts' Health Fair and Tea Party on Friday, Feb. 7

Experts from Stockton College and AtlantiCare Offer Variety of Sessions

For Immediate Release

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**Contact: Maryjane Briant
News and Media Relations Director
Galloway Township, NJ 08205
Maryjane.Briant@stockton.edu
(609) 652-4593**

Galloway Township, NJ - The public is invited to a "Queen of Hearts Health Fair and Tea Party" on **Friday, Feb. 7, 2014** at Kramer Hall in Hammonton, part of The Richard Stockton College of New Jersey's "Go Red for Women" heart health campaign in February.

Stockton is joining with the American Heart Association to raise awareness and funds in the fight against heart disease and stroke, the number-one killer of American women.

On Feb. 7, which is "Wear Red Day," Kramer Hall at 30 Front St. in Hammonton, will feature a variety of programs from 1 p.m. to 3:30 p.m.:

Heart Healthy Yoga: Learn how to use simple yogic breathing and movement techniques to tune up your body and cardiovascular system. Dr. Laurie Greene, Yoga Nine founder and associate professor of Anthropology at Stockton, will present the session from 1 p.m. to 2 p.m.

Women and Exercise, The Heart of the Matter: Dr. Alysia Mastrangelo, associate professor of Physical Therapy at Stockton will offer a session from 2 p.m. to 2:30 p.m.

Ask the Cardiologist: Dr. Tim Slaven, cardiologist at The Heart Institute, AtlantiCare Regional Medical Center, will hold an informational session targeted for women heart and health issues from 2:30 p.m. to 3 p.m.

Tea Party: Enjoy delicious tea and healthy treats from 3 p.m. to 3:30 p.m.

The event is sponsored by: Kramer Hall, Stockton College of New Jersey, AtlantiCare and Yoga Nine.

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