

## Stockton Center on Successful Aging Presents Free 'Food for Thought' Workshop Dec. 7

'Staying Healthy & Happy As You Age,' by Maryann Prudhomme, R.N.

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

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**Galloway, N.J.** – The Stockton Center on Successful Aging is sponsoring a free workshop for older adults, "Staying Healthy & Happy As You Age," at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, N.J. on **Wednesday, Dec. 7**, from 1– 3 p.m. The complimentary luncheon begins at 1 p.m. and is donated by Woodview Estates.

Maryann 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, , will facilitate the workshop beginning at 2 p.m.

Prudhomme will discuss how to help yourself stay healthy and happy by using the things that you love: food, sleep and active fun.

Come, bring your family and friends and have some fun learning to be healthy and happy.

Call 609-625-4878 or email [residentservices@woodviewestates.com](mailto:residentservices@woodviewestates.com) for directions and to register for this free workshop.

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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