

Stockton Center on Successful Aging Offers Free Workshop in Egg Harbor Township Feb. 9

Use Food, Fun and Sleep to Stay Healthy and Happy

For Immediate Release

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Galloway, NJ – The Stockton Center on Successful Aging is sponsoring a free workshop for older adults titled “Staying Healthy and Happy as You Age” on **Tuesday, Feb. 9, 2016**.

Maryann Prudhomme, RN, will facilitate the workshop at Village Grande at Little Mill, a 55 and older community, located at 1 Milroy Road in Egg Harbor Township from 2 p.m. - 3 p.m. Refreshments will be served, compliments of Village Grande.

Prudhomme, a registered nurse with more than 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, will discuss how to stay healthy and happy by using food, sleep and active fun.

[Register online](#) or call 609-626-3591. Visit the SCOSA website at Stockton.edu/scosa for more information, updates and cancellation procedures.

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