



Stockton Center on Successful Aging Presents “Staying Healthy & Happy as You Age”

Free Informational Seminar for Older Adults on July 16

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging will sponsor a free informational seminar to help older adults live a happy and healthy lifestyle while aging.

The seminar, titled “Staying Healthy & Happy as You Age,” takes place on **Tuesday, July 16, 2013** from 10 a.m. to 11:30 a.m. at the Galloway Community Services Senior Center located at 621 W. White Horse Pike in Egg Harbor (609-568-5073).

Participants will join 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, to learn how to stay healthy and happy by using the things that we love: food, sleep and active fun.

Visit the SCOSA website at www.stockton.edu/scosa for updates and schedule changes or call 609-626-3591.

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