

## **Stockton Center on Successful Aging Presents Free Workshop for Older Adults**

'Stay Healthy & Happy' at the Hammonton Senior Center on May 17

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

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**Galloway Township, NJ** – The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop titled, "Staying Healthy & Happy as You Age" for older adults at the Hammonton Senior Center, located at 310 Bellevue Ave. in Hammonton, N.J. on **Tuesday, May 17** from 10:30 – 11:30 a.m. Older adults from the community are invited to attend.

Maryann Prudhomme, a registered nurse, will share how to stay healthy and happy by using the things that you love: food, sleep and active fun. Participants are invited to bring family and friends to have fun learning to be healthy and happy.

Prudhomme has over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings.

[Register online](#) or call 609-626-3591. 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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