

Stockton Center on Successful Aging Presents Free Workshop for Older Adults in Galloway

Learn How to Continue to Live Independently at Oct. 4 Event

For Immediate Release

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Galloway, N.J. – The Stockton Center on Successful Aging is sponsoring a free workshop, “Continue to Live Independently,” for older adults at the Galloway Senior Center, 621 W. White Horse Pike, Galloway, N.J. on **Tuesday, Oct. 4**, from 9:30-10:30 a.m. Older adults from the community are invited to attend.

Pat Laychock, a registered respiratory therapist (RTT), certified senior advisor (CSA) and certified dementia care practitioner (CDCP), will facilitate the workshop.

Learn how to plan to “age in place,” which means continuing to live in the home of one’s choice safely and independently while getting older.

What impact will it have on you and members of your family? What services are needed and available to help you live at home?

Laychock has over 20 years of experience dealing with many of the issues people face when trying to remain in their homes. Attendees are encouraged to bring family members and all their questions.

Registration is not necessary. Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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