

## **From Distress to De-Stress: Learn Techniques At Stockton's Manahawkin Site Nov. 28**

Free Presentation by AtlantiCare Wellness Coach Maribel Maldonado

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

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**Galloway, N.J.** - Maribel Maldonado, a wellness specialist for AtlantiCare, will present: "Distress to De-Stress," a one-hour presentation with tips and techniques on how to proactively balance the multiple dimensions of wellness using stress-management tools.

Maldonado educates people about their health and supports and trains them on their health and fitness goals. She consults with clients on lifestyle, eating and exercise habits. She is certified as a Wellness Coach by the Spencer Institute and works with both Spanish- and English-speaking populations.

The AtlantiCare Lunch & Learn session will be held on **Monday, Nov. 28** from noon -1 p.m. at Stockton University's Manahawkin Instructional Site, 712 E. Bay Ave. Lunch will be provided at this free event, which is open to the public. Please call AtlantiCare at 1-888-569-1000 to register.

For more information about classes and events at Stockton's Manahawkin location, visit [stockton.edu/manahawkin](http://stockton.edu/manahawkin).

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