Stockton Center on Successful Aging Presents 'Food for Thought' Workshop for Older Adults

Free Workshop: 'LIVE Independently, Vibrantly & Educated', on Dec. 16

For Immediate Release

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Galloway Township, NJ – The Stockton Center on Successful Aging is sponsoring a free workshop titled "LIVE Independently, Vibrantly & Educated" for older adults at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, on **Wednesday, Dec. 16** from 1 – 3 p.m. The luncheon begins at 1 p.m. and is donated by Woodview Estates.

Cape Atlantic Coalition for Health will facilitate the workshop that begins at 2 p.m. Join Cape Atlantic Coalition for Health to have fun and learn how you can:

• Know your options… set your objectives;

• Prepare - don't wait for a crisis;

• Know where to find information & resources & where to go for help;

• Practice preventative care;

• Keep a personal record;

• Take charge of your life by eating better, moving more, improving safety in your home, & properly managing your medications;

• Make your wishes known.

You can also show off your skills playing LIVE Bingo.

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Cape Atlantic Coalition for Health is a regional chronic disease prevention coalition funded by the New Jersey Department of Health, Office of Cancer Control and Prevention. Our purpose is to reduce the state's cancer burden and improve health outcomes for people with, or at risk for, cancer and other chronic diseases in Atlantic and Cape May counties. For more information on Comprehensive Cancer Control visit www.njcancer.gov. Shore Medical Center is lead agency for Atlantic and Cape May Counties.

Call 609-625-4878 or email residentservices@woodviewestates.com for directions and to register for this free workshop.

Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.   #   #   #