

## Stockton's Manahawkin Instructional Site Hosts Free Events for Community Members

Events held Sept. 19, 21, 22, 26, 29, and Oct. 10

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

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**Galloway, N.J.** – Stockton University's Manahawkin Instructional Site will host a series of events this fall, including technology support and guest lectures for the community. The free events will be held at the instructional site, located at 712 E. Bay Ave. in Manahawkin, N.J.

The schedule is as follows:

Lunch & Learn: Lyme Disease Prevention, Recognition and Treatment

**Monday, Sept. 19** at noon

Call Urgent Care Now at 609-978-0242 to register.

Lunch & Learn: Choosing Correct Portion Sizes & Healthy Snacking

**Wednesday, Sept. 21** at noon

Ciara Beck, a registered dietician and wellness dietitian, will discuss proper portion sizes for meals and snacks by food group; provide an overview of how to read nutrition labels; and share healthy snack ideas. Call Rothman Institute at 609-488-6854 to register.

Transfer Admissions Day

**Thursday, Sept. 22** - 10 a.m. to 3 p.m.

Steve Phillips, a Stockton transfer admissions representative, will assist and provide information to prospective transfer students. Students should bring current college transcripts, which will enable Phillips to provide an "instant decision" in most cases as to whether or not they are eligible for admission to Stockton University.

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Technology Support Workshop

**Thursdays, Sept. 22 and Sept. 29** by appointment

Nicolas Zebrowski, of Stockton University, will provide one-on-one assistance with operating personal electronic devices. Call 609-626-3883 to schedule an appointment.

Lunch & Learn: Varicose Veins: The Facts You Should Know

**Monday, Sept. 26** at noon

Dr. Jeffrey Hager, of Southern Ocean Medical Center, will discuss the causes of varicose veins and possible treatment options. Contact Susan Kane of Advocare at 609-432-3506 to register.

Lunch & Learn: Shoulder Pain Causes and Non-operative Treatment Options

**Monday, Oct. 10** at noon

Dr. Dennis Nutini, a non-operative sports medicine physician at Rothman Institute, will present on shoulder pain cases and surgical-alternative treatment options. Dr. Nutini treats an array of spine and musculoskeletal conditions using non-operative treatments including musculoskeletal ultrasound, diagnostic and interventional techniques. He served as assistant team physician for the Cleveland Browns, the Cleveland Cavaliers and the Cleveland Indians.

For more information on the Manahawkin Instructional Site, visit [Stockton.edu/Manahawkin](http://Stockton.edu/Manahawkin).

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