

Manahawkin Instructional Site to Host Lecture on Diet, Lifestyle and Prostate Health

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Galloway, N.J. – Stockton University's Manahawkin Instructional Site will host a lecture on, "Diet, Lifestyle and Prostate Health – Tools for Protection," on **Friday, Sept. 16** at 11 a.m.

The free event will be presented at the Manahawkin Instructional Site, located at 712 E. Bay Ave. The presentation will be given by Anthony Dissen, a registered dietician nutritionist and adjunct instructor at Stockton.

Dissen's presentation will include current research findings about keeping prostates healthy and simple habits to practice each day.

"Prostate cancer remains the second leading causes of cancer-related death in men in the United States," Dissen explained. "Our diets and levels of stress and physical activity play a powerful role in keeping our prostates healthy and helping to reduce risk of enlargement and cancer."

To register, call 609-626-3883. For more information on activities and classes at the Manahawkin Instructional Site, visit: www.stockton.edu/Manahawkin.

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