

Stockton Center on Successful Aging Offers Free Workshop in Egg Harbor Township March 15

Registered Nurse to Show How 'Laughter Is the Best Medicine'

For Immediate Release

Friday, February 05, 2016

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Galloway, NJ – The Stockton Center on Successful Aging is sponsoring a free workshop for older adults titled “Laughter Is the Best Medicine,” on **Tuesday, March 15, 2016**.

Maryann Prudhomme, RN, will facilitate the workshop at Village Grande at Little Mill, a 55 and older community, located at 1 Milroy Road in Egg Harbor Township from 2 p.m. - 3 p.m. Refreshments will be served, compliments of Village Grande.

Prudhomme, a registered nurse with more than 30 years of management and clinical experience in health care and nursing in both acute care and home care settings, will discuss how to use humor and laughter to feel better and age well. Take home laughter guides to share with your family and friends.

[Register online](#) or call 609-626-3591. Visit the SCOSA website at Stockton.edu/scosa for more information, updates and cancellation procedures.

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