Stockton Center on Successful Aging Hosts Free Lecture for Older Adults: "Positive Aging – Keeping the Past a Part of the Present"

Atlantic City Free Public Library OASIS programs October lecture scheduled for October 31, 2011

For Immediate Release

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Contact: Tim Kelly

Office of Public Relations 101 Vera King Farris Drive Galloway Township, NJ 08205 Tim.Kelly@stockton.edu

(609) 652-4950

Atlantic City - The Stockton Center on Successful Aging (SCOSA) has partnered with the Atlantic City Free Public Library OASIS Program to bring relevant educational opportunities to older adults in Atlantic County. The workshops will be held at the Atlantic City Free Public Library on 1 Tennessee Avenue in Atlantic City from 10:30 am to 11:30 am on the first or last Monday of each month.

The tenth in the series is scheduled for October 31, 2011 from 10:30am to 11:30am and is titled: "Successful Aging -Keeping the Past a Part of the Present."

The lecture is an interactive and motivational type presentation and reflection on the past and how to keep the past in the present, including past roles, careers and experiences and how to keep these aspects of ones life alive today through storytelling, writing and various other techniques. The lecture is presented by Michelle L. Walmsley, MSW, LSW, Stockton College Adjunct Instructor.

For more information, please contact: Mimi Lee, Outreach and Events Coordinator at the Atlantic City Free Public Library at 609-345-2269 ext. 3115.