



Stockton Center on Successful Aging Offers Weekly Gentle Exercise at Galloway Senior Center

Classes Run Oct. 2 — Dec. 18

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) is offering weekly gentle exercise classes for older adults to practice techniques for health and wellbeing.

The weekly series “Learn & Practice Techniques for Health & Wellbeing: Have Fun While Relaxing Your Body & Mind” runs from Oct. 2 through Dec. 18 and will be offered on Thursdays (excluding Thanksgiving Day) from 9 a.m. to 10 a.m. at the Galloway Community Services Senior Center, located at 621 W. White Horse Pike in Egg Harbor.

Classes consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation and relaxation. Through the practices, participants will develop a greater sense of self-awareness and learn new movement skills and tools for better self-observation and monitoring of wellbeing.

A minimum of 12 participants is needed to continue the program. Register by visiting the SCOSA website at www.stockton.edu/scosa and clicking on the older adult education navigation link or by calling 609-626-3591. There is a \$5 fee per session that will be collected by the presenter. Comfortable clothes are recommended.

Linda Schwartz, who is certified in integrative yoga therapy and as a meditation instructor, started her yoga and meditation practice in 1972 and began teaching yoga in 2001. She has taught for yoga studios, department stores, corporations, one-on-one therapy sessions and has her own yoga business. She successfully completed training in mindfulness based stress reduction and is IIQTC certified in Tai Chi Easy. Visit the SCOSA website at www.stockton.edu/scosa for listings of all SCOSA events, information, updates and cancellation procedures.

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