



Stockton to 'Go Red for Women' in February To Fight Heart Disease and Stroke

Public Invited to Series of Events Targeting Number 1 Killer of Women

For Immediate Release; with photo of Mrs. Dot Saatkamp

Thursday, January 16, 2014

Contact: Maryjane Briant
News and Media Relations Director
Galloway Township, NJ 08205
Maryjane.Briant@stockton.edu
(609) 652-4593

Galloway Township, NJ- The Richard Stockton College of New Jersey plans to "Go Red for Women" in February, as part of the American Heart Association's efforts to raise awareness and funds in the fight against heart disease and stroke.

More American women die from heart disease than from all forms of cancer combined. For more than 10 years, the American Heart Association has sponsored National Wear Red Day to raise awareness in the fight against heart disease in women.

This year's Wear Red Day on Feb. 7 is part of a series of mostly free, public events at Stockton from **Feb. 5-14, 2014.**

"Stockton has been involved in the American Heart Association's 'Go Red for Women' efforts for the past three years," said Mrs. Dot Saatkamp, wife of Stockton President Herman Saatkamp. "This year, the Stockton community has responded to our call-to-action with great enthusiasm. There are events planned that we believe everyone can benefit from.

"Our goal is to help raise awareness in the fight against heart disease and stroke. If we save just one life, our efforts will have been worthwhile," said Mrs. Saatkamp, who is spearheading the college's efforts.

Free workshops by experts include: "Taking Control of Your Health," an introductory session conducted by Angela A. Bailey of the Cape Atlantic Coalition for Health, on Feb. 5 from 2-3 p.m. in the Campus Center Theatre; and in the Campus Center Meeting Room 5, two events: "Staying Happy and Healthy as You Age," conducted by Maryann Prudhomme, R.N., on Feb. 7 from 1-2 p.m.; and "Managing Stress Through Meditation," on Feb. 11 from 4:30-5:30 p.m.,
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conducted by Stockton health educator Luanne Anton.

Learn how to do the Wobble and the Cupid Shuffle in a Soul Line Dancing class (cost \$5) with instructor Diane Epps on Feb. 7 from 7-9 p.m. in the Campus Center Event Room.

Enjoy some “Love, Hugs and Kisses” in the Campus Center coffee house lounge from noon-1:30 p.m. on Feb. 10, as members of the Stockton community sing love songs and read love poems in an open-mic session. You could also get a hug from Talon, the mascot of the Stockton Ospreys, and enjoy some (heart-healthy) dark chocolate kisses from Hershey’s.

The Campus Center will be filled with fundraising and heart health awareness activities from 10 a.m. to 4 p.m. on the 7ths Wear Red Day, including free blood pressure screenings sponsored by AtlantiCare and a free “Fit Test” conducted by Stockton Athletics.

Events are also being planned at Stockton’s instructional sites in Hammonton, Manahawkin and Woodbine, as well as at Stockton Seaview Hotel & Golf Club, Dante Hall and the Noyes Arts Garage of Stockton College in Atlantic City.

For more information on related events sponsored by the Stockton Center on Successful Aging, go to Stockton.edu/scosa

Dates, times and locations of events may vary. For a full listing of events, dates and times, please click: [Stockton to Go Red for Women](#)

For more information on the American Heart Association and Go Red for Women, [click](#)

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