

Stockton University's Kramer Hall Site to Host Fall Lunch & Learn Series in Hammonton

Free Sessions will be Held Sept. 9, 30; Oct. 14; Nov. 4; Dec. 16

For Immediate Release

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Galloway, NJ – Stockton University and AtlantiCare Regional Medical Center will host a Lunch & Learn series this fall. Each session will be held from **12-1 p.m.** at the Kramer Hall instructional site, located at 30 Front St. in Hammonton.

The schedule is as follows:

Wednesday, Sept. 9: Wellness: A Way of Life

Wednesday, Sept. 30: Don't Super-Size Me! Portion Distortion

Wednesday, Oct. 14: Healthy Eating on a Budget

Wednesday, Nov. 4: Stress Management: From Pressure to Peace

Wednesday, Dec. 16: Healthy Holidays

All Lunch & Learn sessions are free and open to the public. A healthy lunch will be provided. Register by e-mailing ginna.petrillo@stockton.edu.

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