

## Stockton's Manahawkin Instructional Site Hosts Session on Healthy Holiday Eating

Anthony Dissen to Speak at Free Lunch & Learn Nov. 21

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**Galloway, N.J.** – Stockton University will host a lunch and learn session on “Healthy Holiday Eating” on **Monday, Nov. 21** at 10 a.m.

The event will be held at the Manahawkin Instructional Site, located at 712 E. Bay Ave., Manahawkin, N.J. The event is free and open to the public, and light refreshments will be provided. To register, call the Manahawkin Instructional Site at 609-626-3883.

Anthony Dissen, a registered dietitian nutritionist and adjunct faculty member at Stockton, will discuss ways to eat healthy during the holidays.

The holidays are a time of great food and celebrations, but sometimes our food choices are not the most supportive to our health and wellness goals, Dissen explained. His lecture will highlight ways to make healthy choices without sacrificing holiday fun.

Dissen will provide simple strategies and tips for enjoying the foods of the holidays without compromising health that can be applied any time of year.

For more information on activities and classes at the Manahawkin Instructional Site, visit: [Stockton.edu/manahawkin](http://Stockton.edu/manahawkin) or call 609-626-3883.

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