

Stockton's Manahawkin Instructional Site Offers Workshops on Electronic Devices, Stress Relief

Jan. 19 Events Are Part of College's Martin Luther King Day of Service

For Immediate Release

Monday, January 05, 2015

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Galloway Township, NJ - The Manahawkin Instructional Site of The Richard Stockton College of New Jersey is offering two events to help members of the public cope with stress and enhance their understanding of the many electronics devices currently on the market.

Both free workshops will be held on **Monday, Jan. 19, 2015** at the instructional site, at 712 East Bay Ave., Manahawkin, NJ. They are two of the many programs being offered college-wide during Stockton's [Martin Luther King, Jr. Day of Service](#) throughout southern New Jersey.

- **The Winter Stress-Buster**, a hands-on stress relief workshop, will be held from 10 - 11:30 a.m. with Dr. Doreen Greenberg, an adjunct professor in Stockton's department of psychology. Her specialty is the mind-body relationship and she teaches health psychology and sport psychology courses.

"Stress is a natural part of everyday living. We can't avoid it. But sometimes it overwhelms us. It's not the stressful event that affects our health and well-being, but how we react to it," said Dr. Greenberg.

"This fun, interactive workshop will demonstrate several new ways to deal with the stress in our lives," she continued. "We will practice together, using well-founded techniques that employ both the physical (breathing, muscle relaxation) and mental (imagery, meditation), so that everyone can be ready for that next stressful day."

- **"Mastering Your Technology"** will be held from 12:30 - 2 p.m. and is designed to help individuals to better understand and utilize various electronics devices. For more information, please contact Mark Pezzotta at: Mark.Pezzotta@stockton.edu or 609-626-3883.

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