

# STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



## The Stockton Center on Successful Aging Presents Mind Alert Workshops for Older Adults

Two Mind Alert Workshops Scheduled for October in Atlantic County

### ***For Immediate Release***

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**Galloway Township, NJ-** Just in time for area older adults to fight the winter doldrums, the Stockton Center on Successful Aging will host two workshops titled "Stimulate Your Mind and Enhance Memory with Creative Experiences in Mental Fitness" led by certified Mind Alert Trainer and Assistant Professor of Psychology Dr. Jessica Fleck. The workshops are scheduled for **Thursday, October 14, 2010 at 10:00 a.m.** at the Egg Harbor Township Senior Center on 5045 English Creek Avenue in Egg Harbor Township and on **Thursday, October 21, 2010 at 10:00 a.m.** at the Ventnor Senior Center on 6500 Atlantic Avenue in Ventnor. The workshops are free of charge and all area older adults are invited to attend.

Begin today to learn the steps that you can take to maintain and enhance your cognitive and mental functions as you age. Understanding ways to develop cognitive fitness is important for older adults. Participation in interactive exercise stimulates both sides of the brain with six different forms of intelligences. This variety of learning experiences promotes creativity and memory while having fun.

Scientific findings from new retirement research show that when older people are involved socially and challenge themselves with productive and everyday creative activities, both their overall health and their sense of well-being improve. In effect, the aging brain responds to mental exercise in much the same way that muscle responds to physical exercise. As modern neuroscience demonstrates, it is never too late to use it to prevent losing it. (Ten Ways to Challenge Your Mind and Improve Your Health As You Age, Gene D. Cohen, Mind Alert Lecture, 2004)

For more information, please contact the Stockton Center on Successful Aging at 609-626-3591 or visit the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa).

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