

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Center on Successful Aging to Present Free Lecture for Older Adults on Happiness

Is Unconditional Happiness Possible?

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) partnered with the Atlantic City Free Public Library's OASIS program at the beginning of the year to bring relevant educational opportunities to older adults in Atlantic County. The workshops are held at the Atlantic City Free Public Library on 1 Tennessee Avenue in Atlantic City from 10:30 a.m. to 11:30 a.m. on the first or last Monday of each month.

The second workshop in the series, entitled "Unconditional Happiness: Is it Possible and How?," is scheduled for **Monday, February 28, 2011**.

The presenter will be Marcello Spinella, Ph.D., an associate professor of psychology at Stockton College. Spinella's presentation will answer the question of whether or not it is possible to live a life free of suffering, and if it is possible on some level, how one can achieve the resulting happiness.

Spinella's talk will cover what is meant by happiness, and why it is an important part of life and more than just a matter of feeling good. He will also discuss how a person can develop a deep and enduring sense of well-being by developing a variety of internal skills and strengths.

The Atlantic City Free Public Library's Older Adults Special Interest Series (OASIS) offers free programs covering topics that affect and are of interest to seniors.

For more information, please contact Mimi Lee, outreach and events coordinator at the Atlantic City Free Public Library at 609-345-2269 ext. 3115. A complete listing of SCOSA events can be viewed at www.stockton.edu/scosa.

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