

Stockton Center on Successful Aging Presents Free Workshop for Older Adults in Brigantine

'Laughter is the Best Medicine' on June 10

For Immediate Release

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Galloway Township, NJ – The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop titled, "Laughter is the Best Medicine" for older adults at the Brigantine Senior Center, located at 465 S. 42nd St. in Brigantine, N.J. on **Friday, June 10** from 10:30 – 11:30 a.m. Older adults from the community are invited to attend.

Maryann Prudhomme, a registered nurse, will share how to use humor and laughter to feel better and age well. Participants will take home laughter guides to share with family and friends.

Prudhomme has over 30 years of management and clinical experience in health care and nursing in both acute care and home care settings.

No registration necessary. Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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