

Stockton Center on Successful Aging Presents Free Workshop for Older Adults

LIVE Independently, Vibrantly & Educated on Thursday, July 23

For Immediate Release

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Galloway Township, NJ – The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop titled, “LIVE Independently, Vibrantly & Educated” for older adults at the Hammonton Canoe Club Senior Center, located at 100 Sports Dr. in Hammonton, on **Thursday, July 23** from 11 a.m. - 2 p.m. A complimentary luncheon for attendees will be donated by DePaul Healthcare Systems.

Cathy Hooper, RN, BA, external case manager for DePaul Healthcare Systems and Palliative Care Committee chairwoman for Cape Atlantic Coalition for Health, will facilitate the workshop.

Join Cape Atlantic Coalition for Health to learn how you can: know your options and set your objectives; prepare for a crisis; know how to find information and resources, and where to go for help; practice preventative care; keep a personal record; eat better, move more, improve safety in your home, and properly manage your medications; make your wishes known; and show off your skills playing LIVE bingo.

Cape Atlantic Coalition for Health is a regional chronic disease prevention coalition funded by the New Jersey Department of Health, Office of Cancer Control and Prevention. The organization aims to reduce the state's cancer burden and improve health outcomes for people with, or at risk for, cancer and other chronic diseases in Atlantic and Cape May counties. For more information on Comprehensive Cancer Control visit www.njcancer.gov. Shore Medical Center is the lead agency for Atlantic and Cape May Counties.

Call 856-322-7082 to register for this free workshop. Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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