



## **Stockton Center on Successful Aging, Cape Atlantic Coalition for Health Present: 'Be a Partner in Your Health Care'**

Free sessions scheduled throughout Atlantic County

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

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**Galloway Township, NJ** – The Stockton Center on Successful Aging has partnered with the Cape Atlantic Coalition for Health to sponsor six free workshops in Atlantic County on managing one's own health care. 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.

Join the Cape Atlantic Coalition for Health to learn how you can:

- use a personal health record;
- know your primary care doctor;
- prepare for your doctors' visits and ask questions;
- be knowledgeable about your medications;
- set personal goals and become involved in your individual care decisions;
- take charge of your health by eating better, moving more, improving safety in your home;
- know where to find information and resources about illnesses and where to go for help.

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Scheduled sessions include:

**Date:** Thurs., 1/8/15 **Time:** 10 - 11 a.m.

**Location:** Egg Harbor City Senior Center  
341-351 Cincinnati Ave., Egg Harbor City

**Date:** Mon., 1/12/15 **Time:** 10 - 11 a.m.

**Location:** Egg Harbor Twp. Senior Center  
5045 English Creek Ave., Egg Harbor Twp.

**Date:** Thurs., 1/15/15 **Time:** 10- 11 a.m.

**Location:** Dr. Arthur Leinweber Center  
235 Dolphin Ave., Northfield

**Date:** Wed., 1/21/15 **Time:** 10 - 11 a.m.

**Location:** Galloway Senior Center  
621 W White Horse Pike, Egg Harbor City

**Date:** Mon., 2/2/15 **Time:** 10 - 11 a.m.

**Location:** Buena Senior Center  
600 Central Ave., Buena

**Date:** Wed., 2/25/15 **Time:** 10 - 11 a.m.

**Location:** Brigantine Senior Center  
265 42nd St. South, Brigantine

Registration is not required. Visit the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa) for more information, updates and cancellation procedures.