



## Stockton's Manahawkin Site to Host 'Soil to Soul Lecture and Tasting'

Public Invited to Event on Friday, April 18

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

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**Galloway Township, NJ-** The Richard Stockton College of New Jersey is hosting a "Soil to Soul Lecture and Tasting" on **Friday, April 18** at 1 p.m. at its Manahawkin Instructional Site, located at 712 East Bay Ave., Manahawkin.

The "Soil to Soul" lecture and tasting will be presented by Wendy Kozak, a Certified Clinical Medical Assistant, whole health educator and Chronic Care Professional. Kozak is the owner of Renew-Self Health, LLC and "Soil to Soul," a garden to table cooking experience designed to educate individuals and groups on the health benefits of eating garden-fresh foods.

Kozak will present a garden-to-table demonstration and provide information about nutritional contents of garden-grown foods for the increased needs of protein (amino acids), antioxidants and respiratory health. Kozak will show how to prepare foods directly from the garden, minimize loss of nutrients and maximize flavor for everyday health and wellness.

Kozak works to educate people of all ages on the benefits of eating "real foods." She is currently working with the community in Stafford Township to establish an Intergenerational Community School Garden.

The event is free and open to the public, and registration is required. E-mail [Gina.Maguire@stockton.edu](mailto:Gina.Maguire@stockton.edu) or call 609-626-5590 to register.

This event is sponsored by Stockton Center on Successful Aging (SCOSA) and the Manahawkin Instructional Site.

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