



Stockton College to Host Wellness Day Holistic Health Minor Conference on March 5

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA), the Stockton Wellness Center and the holistic health minor faculty are cosponsoring a daylong celebration of healthy living to give community members the chance to learn more about holistic health and wellness practices.

The Wellness Day Holistic Health Minor Conference will be held on the College's main Galloway campus in the Campus Center Board of Trustees Room on **Tuesday, March 5, 2013**. Various workshops and presentations are scheduled throughout the morning. During the afternoon, various vendors will be open and students in the Occupational Therapy program and Psychology of Well Being course will present posters. The conference is free and open to the public.

"The vibrant and multidisciplinary group of faculty members who teach courses in the holistic health minor have worked together as a team to offer the community the opportunity to learn about and try some of the many ways to live a healthy life through holistic techniques," said Dr. Lisa Cox, associate professor of social work and SCOSA research chair.

Holistic health includes physical, spiritual, emotional, social and environmental interventions needed to lead a well-rounded and healthy lifestyle. The following is the conference agenda.

8:15 – 8:30 a.m. Opening Remarks Dr. Jan Colijn, dean of the School of General Studies, and Dr. Mary Lou Galantino, professor of physical therapy and coordinator of the holistic health minor, will welcome guests and offer opening remarks.

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8:30 – 9 a.m. Reiki for Stress Management

Dr. Elaine Bukowski, professor of physical therapy, will discuss reiki, a Japanese technique for stress reduction and relaxation.

9 – 9:30 a.m. Heart Centered Connections: What Patients Need to Feel Cared For and Heal

Dr. Grissel Hernandez, a nationally board-certified holistic nurse, international speaker and author with more than ten years of clinical experience, will discuss the healing process. Dr. Hernandez is director of clinical education at AtlantiCare Regional Medical Center.

9:30 – 10 a.m. Experiential Meditation

Dr. Marcello Spinella, professor of psychology, will facilitate an experiential meditation session.

10:30 Keynote Speaker

Andrew B. Newberg, M.D., is director of research at the Myrna Brind Center for Integrative Medicine at Thomas Jefferson University Hospital and Medical College. The objectives of his lecture, "Beliefs, Brain Science and Neurotheology Across the Lifespan," include understanding how spiritual development is related to brain development, the relationship between the brain and religious and spiritual beliefs, the basic aspects of the field of neurotheology, and how spiritual health and mental health are related.

For more information, please contact Dr. Lisa Cox at 609-652-4310.

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