



Stockton's SRI&ETTC Hosts Workshops at Sam Azeez Museum in Woodbine

Health Workshop Series Events Scheduled for June 19 and July 24

For Immediate Release

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Galloway Township, NJ- The Southern Regional Institute and Educational Technology Training Center (SRI&ETTC) in the School of Education at The Richard Stockton College of New Jersey is hosting a series of free community health programs at the Sam Azeez Museum of Woodbine Heritage and Culture, located at 610 Washington Ave. in Woodbine, NJ. The series will begin this summer with events scheduled for **Thursday, June 19** and **Thursday, July 24**.

The workshops aim to help participants take control of their lives and better manage their health conditions. Both programs, which are free and open to the public, will provide information to older adults as well as their family members and caretakers.

The evidence-based programs are presented by Bonnie Kratzer of the Parish Nurse Program and Center for Lifestyle Management at Cape Regional Medical Center, and Dick Colosi from the Cape May Department of Health. The Parish Nurse Program is a health education and community support program which provides health education, wellness programs and screenings at more than 50 churches and other community organizations.

The "Keeping Your Mind Sharp: A Program on Maximizing Your Memory" workshop to be held on **Thursday, June 19** from 10:30-11:30 a.m., will teach participants to recognize the effects of normal aging on the brain. Kratzer and Colosi will offer techniques and brain exercises to improve brain function and help prevent "senior moments."

On **Thursday, July 24** from 10:30 a.m.-11:30 a.m., the "Standing Tall Against Falls: A Presentation on Reducing Your Risk of Falling and On Taking Steps to Prevent Falls" workshop will teach participants to determine risk factors associated with falls. Kratzer and Colosi will explain consequences that can occur from a fall, how to maintain a healthy lifestyle to reduce the risk of falls, how to prevent falls, and what to do when one falls.

For more information, contact the SRI&ETTC at 609-626-3868. # # #