

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Center on Successful Aging to Present Free Lecture for Older Adults on Looking Forward to Stress Free Caregiving

Lecture Scheduled for March 14

For Immediate Release

Thursday, March 03, 2011

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) has partnered with the Atlantic City Free Public Library's Older Adults Special Interest Series (OASIS) to bring relevant educational opportunities to older adults in Atlantic County. The workshops will be held at the Atlantic City Free Public Library on 1 Tennessee Avenue in Atlantic City from 10:30 a.m. to 11:30 a.m. on the first or last Monday of each month.

The third in the series is scheduled for **Monday, March 14, 2011** and is titled "Looking Forward to Stress Free Caregiving." Caregiving will probably become a part of all our lives at some point. It can be a very stressful process. Participants will learn how to lessen the stress involved in caring for their loved ones.

The lecture will be presented by Christa Caldarale-Moffatt, RN, MS, the owner of Generations Adult Day Health Service, and an adjunct professor at The Richard Stockton College of New Jersey.

For more information, please contact Mimi Lee, outreach and events coordinator at the Atlantic City Free Public Library, at 609-345-2269 ext. 3115. To see a complete list of upcoming SCOSA events, please visit www.stockton.edu/scosa.

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