



Stockton's Kramer Hall, AtlantiCare Offer Two Free Wellness Seminars for Holidays

'Lunch and Learn' Sessions on Nov. 24 and Dec. 10 in Hammonton

For Immediate Release

Thursday, November 13, 2014

Contact: Maryjane Briant
News and Media Relations Director
Galloway Township, NJ 08205
Maryjane.Briant@stockton.edu
(609) 652-4593

Galloway Township, NJ - The Richard Stockton College of New Jersey's Kramer Hall in Hammonton has teamed up with AtlantiCare Regional Medical Center to offer two free "Lunch and Learn" seminars aimed by holiday wellness.

These programs, part of the "Lunch and Learn" series, provide members of the community with meaningful lectures and discussions on a variety of medical and health-related topics which are facilitated by both physicians and other medical professionals from ARMC as well as professional staff from Stockton's Wellness Center.

"Holistic Holiday Hints" will be held on **Monday, Nov. 24** from 12 - 1 p.m. with Stockton health educator Luanne Anton and nutritionist Kimberly Raring. Their informational presentation will close with a brief meditation session.

"Taking You Well Into the Holidays" will be held on **Wednesday, Dec. 10** from 12 - 2 p.m. with Dr. Kimberly Jones-Mudd, DO, a family medicine doctor with AtlantiCare. She will discuss the importance of wellness visits and routine screenings. All participants will receive an AtlantiCare mug.

Lunch will be provided at both events, which will take place at Kramer Hall, 30 Front Street in downtown Hammonton, NJ. To reserve your seat, please contact Ginna Petrillo at Ginna.Petrillo@stockton.edu.

#