

Stockton Center on Successful Aging Presents Free Workshop in Egg Harbor Township May 24

Cape Atlantic Coalition for Health to Cover Independent and Vibrant Living

For Immediate Release

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Galloway, NJ - The Stockton Center on Successful Aging is sponsoring a free workshop for older adults offering resources and guidance on living an independent and vibrant life on **Tuesday, May 24, 2016** from 2–3 p.m.

“LIVE Independently, Vibrantly & Educated” will be held at Village Grande at Little Mill, located at 1 Milroy Road in Egg Harbor Township, N.J. Refreshments will be served.

Cape Atlantic Coalition for Health will facilitate the workshop, which focuses on crisis preparation, resources, preventative care, personal record keeping, medication management, healthy eating and exercise.

Cape Atlantic Coalition for Health is a regional chronic disease prevention coalition funded by the New Jersey Department of Health’s Office of Cancer Control and Prevention.

[Register online](#) or call 609-626-3591. Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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