



Stockton Center on Successful Aging Workshop Explores Effects of Retirement on Relationships

Free Jan. 23 Workshop in Linwood Open to Older Adults

For Immediate Release

Tuesday, January 07, 2014

Contact: Susan Allen
Office of News & Media Relations
Galloway Township, NJ 08205
Susan.Allen@stockton.edu
(609) 652-4790

Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop for older adults that explores how to improve relationships through the retirement years.

The workshop titled "Now We're Retired, You're Getting on My Nerves" will be held on **Thursday, Jan. 23, 2014**, at Brandywine Senior Living at Brandall Estates, located at 432 Central Ave. in Linwood. A light lunch, compliments of Brandywine Senior Living, begins at 12 p.m. and is followed by a lecture from 1 to 2 p.m.

The workshop will be led by SCOSA volunteer instructor and New Jersey licensed clinical social worker Marguerite Heaton-Colella, MSW, LCSW, BCPC. Currently in private practice in Linwood, Heaton-Colella has a wide variety of specialized training and experience, including leading groups for family and friends of people with cancer at Gilda's Club of South Jersey.

Participants will learn how to understand and improve relationships through the aging process, especially after retirement when time together increases significantly. Heaton-Colella will explore why arguments may occur more often between two people once they're both retired and what they can do to improve their relationships.

Advanced registration is required by online registration at www.stockton.edu/scosa or by phone by calling 609-626-3591 (please leave your contact information). Visit the SCOSA website at www.stockton.edu/scosa for more information, updates and cancellation procedures.

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