

Office of Public Relations
Pomona, NJ 08240

**Aging Successfully: Attributes That Help to
Overcome the Challenges of Aging**
Hesburgh Lecture to be Presented in Alton Auditorium

For Immediate Release

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Galloway Twp., NJ -- On March 29, 2007, from 7:00-8:30 pm Stockton's Center on Successful Aging in collaboration with the South Jersey Alumni Club of the University of Notre Dame will present a Hesburgh Lecture entitled "Aging Successfully". This lecture will be held on the main Galloway Township campus in the Alton Auditorium and will be given by Dr. Cindy Bergeman, Chairperson of the Notre Dame Psychology Department.

Dr. Bergeman studies resiliency and aging. Her lecture will encourage the audience to ponder such questions as: "How long will we live?" "Why do some individuals manage to maintain high self-esteem, good physical health, and a positive outlook despite facing the same adversities that lead others to give up, to get sick or to lose hope?" This workshop will explore the psychosocial and health attributes that help individuals overcome the risks and challenges associated with aging.

Hesburgh Lectures, now in their 20th year, are presented around the country in honor of the University of Notre Dame's President Emeritus Theodore M. Hesburgh, who turns 90 this year. For more information on this event and for directions see "News and Events" at www.stockton.edu or call (609) 652-4512. This event is free and open to the public.

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