

# Stockton Center on Successful Aging Presents Free Financial Workshop on Planning for Holidays Nov. 4

## *For Immediate Release*

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**Galloway Township, NJ** – The Stockton Center on Successful Aging is sponsoring a workshop titled “Planning for the Holidays” for older adults at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, NJ on **Wednesday, Nov. 4** from 1 – 3 p.m.

The complimentary luncheon begins at 1 p.m. and is donated by Woodview Estates. Money Management International, a non-profit credit counseling organization, will facilitate the workshop that begins at 2 p.m.

Holiday spending can quickly and easily get out of hand. This workshop will teach participants how to plan ahead and build an appropriate holiday budget in order to avoid unnecessary stress and more fully enjoy the festivities.

Participants will learn how to:

- Prioritize holiday goals;
- Create a holiday budget and stick to it;
- Give responsibly to charity;
- Find satisfying alternatives to holiday spending.

Call 609-625-4878 or email [residentservices@woodviewestates.com](mailto:residentservices@woodviewestates.com) for directions and to register for this free workshop.

Visit the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa) for more information, updates and cancellation procedures.

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