

## Stockton Center on Successful Aging Presents Independent Living Workshop in Brigantine April 6

### ***For Immediate Release***

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**Galloway, NJ** - The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop titled "Continue to Live Independently" for older adults and their family members on **Wednesday, April 6, 2016**.

Pat Laychock will facilitate the workshop at the Brigantine Senior Center (Brigantine Beach Community Center), located at 265 42<sup>nd</sup> St. South from 10:30 - 11:30 a.m.

Participants will learn about planning to age in place, which means continuing to live at home safely and independently while aging. Family impact and services will be topics of discussion.

Laychock, a Registered Respiratory Therapist (RTT), Certified Senior Advisor (CSA) and Certified Dementia Care Practitioner (CDCP), has over 20 years of experience dealing with many of the issues people face when trying to remain in their homes.

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

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