



## Stockton Center on Successful Aging Presents Lunch, Learning & Laughter Workshop

Free Feb. 5 Workshop in Linwood Open to Older Adults

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

Tuesday, January 14, 2014

**Contact: Maryjane Briant  
News and Media Relations Director  
Galloway Township, NJ 08205  
Maryjane.Briant@stockton.edu  
(609) 652-4593**

**Galloway Township, NJ-** The Stockton Center on Successful Aging (SCOSA) is sponsoring a free workshop for older adults that explores humor and laughter as medicine.

The workshop titled "Laughter is the Best Medicine" will be held on **Wednesday, Feb. 5 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 registered nurse Maryann Prudhomme RN. Prudhomme has over 30 years of management and clinical experience in healthcare and nursing in both acute care and home care settings.

Learn how to use humor and laughter to feel better and age well. Take home laughter guides to share with your family and friends.

Advanced registration is required by online registration at [www.stockton.edu/scosa](http://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](http://www.stockton.edu/scosa) for more information, updates and cancellation procedures.

# # #