

‘Food for Thought,’ Free Financial Management Workshop for Older Adults, Set for Aug. 12

Stockton Center on Successful Aging Sponsors Event in Mays Landing, NJ

For Immediate Release

Monday, July 27, 2015

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

Galloway, NJ – The Stockton Center on Successful Aging is sponsoring a workshop for older adults at Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, NJ on **Wednesday, Aug.12**, from 1-3 p.m.

A complimentary luncheon will begin at 1 p.m., courtesy of Woodview Estates. Money Management International, a non-profit credit counseling organization, will facilitate the workshop beginning at 2 p.m.

To make the most of your money, you need to know where it is going. Through this workshop, participants will learn how to take control of their finances by tracking expenses and assessing spending habits.

Participants will learn how to:

- Create a budget;
- Track and document monthly expenses;
- Manage cash flow;
- Calculate net worth.

Call 609-625-4878 or email residentservices@woodviewestates.com for directions and to register for this free workshop.

Visit the SCOSA website at stockton.edu/scosa for more information, updates and cancellation procedures.

#