

Stockton Center on Successful Aging Presents Free 'Afternoon Tea' and Workshop

'Laughter is the Best Medicine' Presentation to be Held on July 15

For Immediate Release

Thursday, June 18, 2015

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Galloway Township, NJ – The Stockton Center on Successful Aging (SCOSA) will present a free workshop for older adults titled, "Laughter is the Best Medicine." The event will take place on **Wednesday, July 15 from 2-3 p.m.** at Woodview Estates Assisted Living, located at 5030 Unami Blvd. in Mays Landing. Afternoon tea and light refreshments will be provided by Woodview Estates.

Maryann Prudhomme, a registered nurse with more than 30 years of management and clinical experience in health care and nursing, will share techniques using humor and laughter to feel better and age well. Participants will be provided take-home laughter guides to share with family and friends.

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

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

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