



Stockton to 'Go Red for Women' in February To Fight Heart Disease and Stroke

Public Invited to Series of Events Targeting Number 1 Killer of Women

For Immediate Release

Monday, January 26, 2015

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Galloway Township, NJ- The Richard Stockton College of New Jersey plans to "Go Red for Women" in February, as part of the American Heart Association's efforts to raise awareness and funds in the fight against heart disease and stroke.

More American women die from heart disease than from all forms of cancer combined. For more than 11 years, the American Heart Association has sponsored National Wear Red Day to raise awareness in the fight against heart disease in women.

This year's Wear Red Day on Feb. 6 is part of a series of mostly free, public events at Stockton and its sites in Manahawkin, at the Noyes Museum, and other sites in Atlantic County from **Feb. 2-26, 2015**.

On Wear Red Day, **Friday, Feb. 6**, there will be free blood pressure screenings from 10 a.m. to 3 p.m. in the Campus Center Meeting Room 4 and a demonstration of making an easy "heart healthy" meal in the N-Wing student restaurant from 11:45 a.m. to 2:30 p.m.

Free workshops by experts include:

- "Ask the Nutritionist," on **Tuesday, Feb. 10** from 10 a.m. to 11:30 a.m. in the Campus Center Coffeehouse.
- "AtlantiCare Lunch & Learn: Women's Heart Health" on **Wednesday, Feb. 18** at the Manahawkin Instructional Site, 712 East Bay Ave., Manahawkin from 12 p.m. to 1 p.m. Come learn about heart health with Dr. Timothy Slaven of AtlantiCare. Lunch provided.

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- “Art@Night - Meditation” on **Thursday, Feb. 26** from 6 p.m. to 7:30 p.m. at the Noyes Museum of Art of Stockton College, 733 Lily Lake Road, in the Oceanville section of Galloway. Learn to meditate easily and effortlessly. Dress comfortably and bring a mat or a towel. Take a moment out of your day to join us for meditation. No experience or registration required.

Dates, times and locations of events may vary. For a full listing of events, dates and times, including events in Brigantine, Buena and Egg Harbor City sponsored by the Stockton Center on Successful Aging, please visit Stockton.edu/heart

For more information on the American Heart Association and Go Red for Women, [click](#)

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