

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Center on Successful Aging Announces "First Wednesday" Professional Lecture

"Successful Aging: How to Encourage, Inspire and Foster a Positive Aging Experience" Scheduled for March 2 at The Health Center at Galloway

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) has announced its next professional workshop in the First Wednesday Series, which is designed to help professionals working with older adults.

"Successful Aging: How to encourage, inspire and foster a positive aging experience" is scheduled for **Wednesday, March 2, 2011** from 7:30 a.m. to 9:00 a.m. at the Health Center at Galloway, located at 66 West Jimmie Leeds Road, Galloway, NJ.

The workshop will be presented by Michelle L. Walmsley, MSW, LSW, and Stockton College adjunct instructor in gerontology.

Successful aging involves several dimensions—physical and mental health and wellbeing; finances and employment/retirement; independence (on many levels); interdependence and social engagement; volunteerism; and spirituality. The session will explore how to be mindful of each person's approach to successful aging and how formal caregivers can help to create, encourage and inspire a positive aging experience. Participants will learn how to develop a plan for their client(s) or family members leading to reasonable expectations and goals for successful aging.

The seminars, designed for professionals, para-professionals and other caregivers who work with older adults, are free of charge and include a full breakfast. Upon completion, participants will receive 1 CE for social workers, marriage and family therapists, and licensed professional counselors.

Online advanced registration is required by 5:00 p.m. on Monday, February 28, 2011 and can be accessed via the SCOSA website at www.stockton.edu/scosa. For more information, contact Sherri Ridgway at (609)-748-9100 or SCOSA at (609)-652-4311. **-more-**

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There will be no First Wednesday Lecture on April 6 as SCOSA will be hosting a major lecture on the National Debt that evening at 6:30 p.m. by Dr. Michael Pries, professor of economics and econometrics at the University of Notre Dame. Please see the SCOSA website for details.

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