

From Distress to De-Stress: Learn Techniques At Stockton's Manahawkin Site Nov. 28

Free Presentation by AtlantiCare Wellness Coach Maribel Maldonado

For Immediate Release

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Galloway, N.J. nsions of wellness using stress -management tools.

Maldonado educates people about their health and supports them on their health and fitness goals. She consults with clients both Spanish and English speaking populations.

The AtlantiCare Lunch & Learn session will be held on Monday, Nov. 28 from noon -1 p.m. at Stockton University's Manahawkin Instructional Site, 712 E. Bay Ave. Lunch will be provided at

this free event, which is open to the public. Please call AtlantiCare at 1-888-569-1000 to register.

For more information about classes and events at Stockton's Manahawkin location, visit stockton.edu/manahawkin

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