



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

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 events in the community.

Free workshops by experts

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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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