

## PRESS RELEASE

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### **CAPE ASSIST TO HOLD PROGRAM IN WOODBINE**

**Woodbine**—Mayor William Pikolycky is pleased to announce that Cape Assist will sponsor six classes designed to teach those 51 years and older to become healthy and stay that way as they age.

Sessions will be held at the Anne Azeez Instructional Site of the Stockton Woodbine complex (The Sam Azeez Museum of Woodbine Heritage) located at 610 Washington Avenue Woodbine, NJ.

The sessions are scheduled for May 18, May 26, June 2, June 9, June 16, and June 18. Classes will run from 11:30 am to 1 pm. Lunch will be provided. All those completing the six sessions will receive a \$50 gift card at the end of the program.

Funded by a grant from The Horizon Foundation for New Jersey, the Wellness Education program classes will cover a variety of topics including: making healthy lifestyle choices; behaviors to avoid in order to stay healthy; safe practices regarding alcohol, prescription, and over-the-counter medications; simple tools to take charge of your own healthcare and navigate the healthcare system.

The goal of these Wellness Education Workshops, also known as WISE, is to extend good physical and mental health and to prevent or delay out-of-home placement for older adults.

**PRE-REGISTRATION IS REQUIRED** as seating is limited. To register call Temerity Berry at 609-522-5960 or email [temerity@capeassist.org](mailto:temerity@capeassist.org).

"I encourage all those over 51, such as myself, to take advantage of this free educational program to enhance their personal healthcare goals," added Mayor Pikolycky. "The Ann Azeez Hall is an excellent venue for this community education program. Remember all those completing all six sessions will be receiving a gift card."