



Keys to Longevity: Lessons from the World's Longest Lived People

Thursday, November 1, 2018 1pm-3pm



ANTHONY DISSEN

Anthony Disсен, RDN, is an instructor for the School of Health Sciences and has been a lifelong student of holistic health and nutrition.

What are the common traits, habits, and daily lifestyles of the world's longest living people? What do they share in common, and can we incorporate these habits into our daily lives? This presentation will review the 9 key factors all shared by some of the healthiest, longest living people on the planet, and review simple ways to bring them into our own lives!

**Free Program includes Lunch at
Woodview Estates**

**5030 Unami Boulevard,
Mays Landing, NJ 08330**

**To Register, call 609-625-4878 or
email:**

ResidentServices@woodviewestates.com

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