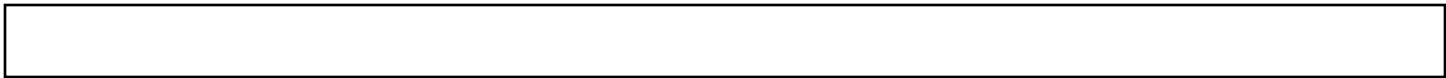




 **WEWORKFORHEALTH**
WEWORKFORHEALTH.ORG





50 Million people in the US suffer from some form of



Keynote Address 9:30am eatre

Arthritis & the Savvy Consumer
George Halko, DO

An overview of arthritis and how to evaluate what treatments,
over-the counter supplements, and complementary therapies

Jan Bertram

Jan Bertram, a certified fitness instructor and former health club co-owner, moved to southern Ocean County eight years ago to pursue her growing interest in fitness for the over 50 population. She found that regular Tai Chi practice helped her improve her flexibility and range of motion and reduce the pain and stiffness of osteoarthritis as well as health issues related to fibromyalgia. After years of exercising, she found that Tai Chi made the biggest impact on her overall health.

Jan has been teaching the Arthritis Foundation Tai Chi program for over seven years. Jan's students are now her inspiration. She hears many success stories of improved health (from better

American Red Cross - Southern Shore Chapter
850 North Franklin Blvd., Pleasantville, NJ 08231
609-646-8330 redcross.org

Atlantic County Government
1000 Atlantic City Blvd., Atlantic City, NJ 08402
609-426-3000 aclink.org/Surrogate

Bath Fitter
408 Bloomfield Drive
West Berlin, NJ 08091 856-470-6570
bathfitter.com

Bayada Home Health Care
199 New Road #35, Linwood, NJ 08221
609-926-4600 bayada.com

Brandywine Senior Living
at Brandall Estates
432 Central Avenue, Linwood, NJ
08221 609-926-4663
brandycare.com/communities

CARING Adult Health Care
407 West Delilah Road
Pleasantville, NJ 08232 609-484-7050
caringinc.org

CASA of Atlantic and Cape May Counties
1000 Atlantic City Blvd., Atlantic City, NJ 08402
609-426-3000 casicap.org

Compassionate Care Hospice
518 S. South Road, Marmora, NJ 08223
732-491-9952 cchnet.net/hospice

DePaul Healthcare Systems
(Absecon Manor, Mainland Manor,
Woodview Estates), 5030 Unami Blvd.,
Mays Landing, NJ 08330 609-625-4800
woodviewestates.com

Fox Rehab
7 Carnegie Plaza, Cherry Hill, NJ 08003
877-407-3422 foxrehab.org

Garden State Medical Supply
24 Union Avenue, Lakehurst, NJ 08733
856-512-0768 gsmedicalsupply.com

Granite Transformations
1000 Atlantic City Blvd., Atlantic City, NJ 08402
609-426-3000 granitetransformations.com

Gitterman & Associates Wealth Management
1000 Atlantic City Blvd., Atlantic City, NJ 08402
609-426-3000 gitterman.com

Home Instead Senior Care
1000 Atlantic City Blvd., Atlantic City, NJ 08402
609-426-3000 homeinstead.com

Jewish Family Services of Atlantic County
607 North Jerome Avenue, Margate, NJ
08402 609-822-1108

Volunteer Fair

REACH OUT Become a Volunteer - Use your head...Follow your heart...Lend a hand

A portion of the exhibit hall will be dedicated to United Way member agencies looking for volunteers. United Way of Greater Philadelphia and Southern New Jersey in Atlantic County currently partners with 38 agencies to address health and human service needs in our community. The missions of these agencies represent the diverse needs of our community and the wide range of services available. Finding a volunteer position can seem as intimidating, overwhelming and confusing as seeking paid employment. And, like a job search, the search for a fulfilling volunteer position consists of many steps. United Way of Atlantic County's Volunteer Center acts as a "clearing house" for volunteers and can assist you with finding the right match. Visit the United Way Volunteer Exhibit in the exhibit hall for more information.

Center Leadership

David C. Burdick, Ph.D., SCOSA Director & Professor of Psychology 609-652-4311 David.Burdick@stockton.edu

Lisa E. Cox, Ph.D., Research Chair, Associate Professor of Social Work 609-652-4310 Lisa.Cox@stockton.edu

Christine Ferri, Ph.D., Education Chair, Associate Professor of Psychology 609-626-6040 d65s1_gs_4_0.54_A.BuFcockton.edu





Taking You Well
Into The Future

AtlanticCare's focus is to serve the community as a provider of health and wellness services.

AtlanticCare is committed to building healthy communities through partnerships with organizations that share its interest in health.

atlanticare.org

We stand **together**, committed to

improving medical innovation





Stockton Center on Successful Aging at the Richard Stockton College of New Jersey
101 Vera King Farris Drive, Galloway, NJ 08205-9441
Phone: 609.626.3591 FAX: 609.626.3620
www.stockton.edu/scosa