



FOR IMMEDIATE RELEASE

Friday, Feb. 14, 2025

Crest Mayor's Wellness Campaign to host free wellness lecture Feb. 26

WILDWOOD CREST – The Wildwood Crest Mayor's Wellness Campaign and the Wildwood Crest Recreation Department, in conjunction with Cooper University Healthcare, will host a lecture on integrative medicine and health as part of their occasional "Lunch and Learn Series" on health and wellness topics.

The event, hosted by Dr. Meena Sharma of Cooper University Healthcare, will be held Wednesday, Feb. 26, at 12 noon at the Wildwood Crest Pier Recreation Center.

The lecture will focus on how stress affects the body, improving health, empowering wellness, meditation and related topics.

The event is free to attend and a free light lunch will be served. No pre-registration is required.

For more information, contact the Wildwood Crest Recreation Department at (609) 523-0202 or send email to Laura Farrall at lfarrall@wildwoodcrest.org.

BOROUGH OF WILDWOOD CREST

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