



FOR IMMEDIATE RELEASE

Thursday, April 21, 2022

Wildwood Crest Recreation to host Community Health and Wellness Lecture Series

WILDWOOD CREST – The Borough of Wildwood Crest Recreation Department and the Wildwood Crest Wellness Committee will host a free lecture series on health and wellness this spring. This three-part lecture series will feature presentations by health professionals and will be held at the Crest Pier Recreation Center at 5800 Ocean Avenue on three successive Wednesdays in May (12, 19, 26) at 6 p.m.

All lectures are open to the public and free of charge. Light refreshments will be served. No pre-registration is necessary.

Each lecture will include a presentation by the guest speaker, followed by a question-and-answer session.

Below is a list of speakers and topics for the 2022 spring Wildwood Crest Community Health and Wellness Lecture Series:

May 12: Nick Kundrat, integrative health practitioner and author of the book “Positively Type 1” – “Foundations of Health: Mastering the basics of a health-promoting lifestyle”

May 19: Meghan Punda, certified nurse practitioner and holistic nutritionist – “Quality Sleep and why it’s foundational to your health and longevity”

May 26: Dr. Laura Rokosz, pharmacologist and food scientist – “Good Fats, Bad Fats”

For further information, call the Crest Pier Recreation Center at (609) 523-0202.

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