



**FOR IMMEDIATE RELEASE**

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**GOODWILL'S HELMS ACADEMY ANNOUNCES NEW SLATE OF FREE WORKSHOPS**

**Maple Shade, NJ – (February 26, 2016)** – Goodwill's Helms Academy is offering several free health education workshops designed to help local residents manage stress and improve their overall health.

The **Three Days To Better Health** workshop series will take place at The Helms Academy (222 S. White Horse Pike) in Stratford, NJ on the following dates from 10:00-11:00 am:

- March 10 (What is Stress?)
- March 17 (Self-care Strategies)
- March 24 (Creating Your Own Oasis)

This free workshop series seeks to help participants discover different ways to manage stress in their daily lives caused from things like family issues, financial demands and day-to-day pressures to name a few. It was made possible through a partnership between Goodwill and A Better Me, an initiative of the Improving Pregnancy Outcomes Program of Southern New Jersey Perinatal Cooperative funded by the NJ Department of Health/Division of Family Health Services.

Reservations are recommended but not required for these workshops. First come, first serve for seating. For more information or to make a reservation, please call 856-566-5375, ext. 3 or email [apickul@goodwillnj.org](mailto:apickul@goodwillnj.org).

In addition to its on-going workshop series, The Helms Academy, operated by Goodwill Industries of Southern NJ & Philadelphia, offers free general adult education and employment

services that help individuals fulfill the necessary academic requirements to get their high school diploma while simultaneously earning college credit. Classes are offered both during the day and in the evening. Many courses are also available to participants online 24-7. Adults 18 and older who have left traditional secondary education and are unable to return due to age and/or circumstance are encouraged to apply. Students are accepted into the Academy on a rolling basis as space is limited.

A nonprofit, community-based organization, Goodwill Industries of Southern New Jersey & Philadelphia's mission is to put people with special needs to work. The mass collection and resale of donated goods in Goodwill's 20+ area retail stores fund job training and career services that prepare individuals with disabilities and disadvantages for competitive employment while contributing to America's recycling efforts. Currently, Goodwill operates employment training centers in Maple Shade, Pennsauken, Stratford and Philadelphia. For more information on Goodwill, please visit [www.goodwillnj.org](http://www.goodwillnj.org) or call 856/439-0200.