



# OCEAN COUNTY LIBRARY

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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

May 12, 2015

## **PRESS RELEASE**

**What:** "Living an Active Life with Parkinson's Disease"

**When:** 2 p.m. Monday, May 18

**Where:** Manchester branch, 21 Colonial Dr.

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### **Manchester to present Parkinson's Disease program 5/18**

**TOMS RIVER** - Ocean County Library's Manchester branch, 21 Colonial Dr., will present "Living an Active Life with Parkinson's Disease" 2 p.m. Monday, May 18.

Living with Parkinson's Disease may slow a person down but it doesn't have to stop people, according to health and fitness specialist Ron Hyland.

Hyland will lead a seminar on how people can stay active and fit while dealing with the ups and downs of the disease. Exercise, nutrition and safety tips will be discussed.

The program is free and open to the public but registration is required. To register, telephone the branch at 732-657-7600 or go to the library website

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