



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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

Susan Quinn, Director

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## **PRESS RELEASE**

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### **Free Health & Wellness Fair Coming to Jackson Library**

**JACKSON** – The Jackson Branch of the Ocean County Library, 2 Jackson Dr., will host a Health & Wellness Fair between 11 a.m. and 3 p.m. on Thursday, July 7.

Fair goers can participate in informational talks and demonstrations, get free health screenings, learn about childrens' safety, and more.

"We have partnered with several organizations from Jackson Township as well as from Ocean and Monmouth counties that promote health, wellness, and fitness," said Jackson Branch Manager Pamela Dong. "The Ocean County Library is committed to connecting people of all ages with community-based options for making healthy choices."

Four topics will be discussed during the fair:

- Nutritionists from Perlmutter Family ShopRites in Jackson and Toms River will present "Eat Well, Be Happy" and will discuss the role proper nutrition plays in overall wellness at 11 a.m.
- The NJ Coast Guard Auxiliary will present "Water 'n Kids Boating Safety" for parents and children in grades K to 3 at noon.
- A representative from Starbucks will discuss the merits of tea and coffee at 1 p.m.
- Audiologist Maren Stockhoff from Meridian Rehabilitation will present "Understanding Hearing & Hearing Loss" at 2 p.m.

Meridian Health, Monmouth Medical Center – Southern Campus, and The Unterberg Children's Hospital at Monmouth Medical Center will offer free health screenings. They will also provide information about children's safety, the da Vinci surgical robot, heart health, joint replacement and other topics.

Information booths with representatives from Georgian Court University's Holistic Health Department, the Alzheimer's Association, NJ Forest Service's Education Center, Jackson Pediatric Dentistry, Freehold Audiology, Jackson Police Department, Jackson Recreation Department, and other groups will be present.

Sparks, the Ocean County Library mascot, will also be on hand.

The health fair is free and registration is not required. For more information visit [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org) or call the branch 732-928-4400.