



# OCEAN COUNTY LIBRARY

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

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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

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## PRESS RELEASE

**CONTACT:** Dan Fitzgerald, 732-349-6200, ext. 5908  
[dfitzgerald@theoceancountylibrary.org](mailto:dfitzgerald@theoceancountylibrary.org)

### **“Moving meditation” coming to Brick library**

**BRICK** – The Brick Branch of the Ocean County Library will host a tai chi presentation at 10 a.m., Wednesday, July 26. The branch is located at 301 Chambers Bridge Road.

Expert tai chi instructor Kit Lau will explore its benefits on physical and mental health. Tai chi, sometimes called “moving meditation”, focuses on slow movement, breathing, relaxation, and can be done standing or sitting. A light lunch will be provided.

This program is sponsored by The Provident Bank Foundation and the Better Health Senior Membership Program of Monmouth Medical Center, Southern Campus.

This event is free but registration is required. To register, call 732-477-4513 or visit [tinyurl.com/BrickLibraryTaiChi](http://tinyurl.com/BrickLibraryTaiChi)