



OCEAN COUNTY LIBRARY

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PRESS RELEASE

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Toms River Library to Present Program on Managing Your Memory

TOMS RIVER – What are signs that memory problems are more than just a part of normal aging?

Andrew Budson, MD, Associate Director of the Boston University Alzheimer's Disease Center will help answer that question during a program on Oct. 3 being held at 2 p.m. at the Manchester Branch, 21 Colonial Drive and 7 p.m. at the Bishop Building next to the Toms River Branch, 101 Washington St.

Using vignettes and character-based stories that provide real-life examples, Dr. Budson will discuss the issue of memory loss. His book, *Seven Steps to Managing Your Memory* will be available for purchase. He will sign copies of his book after the program.

The program is free and open to the public. Registration is required. To register, call either the Manchester Branch at 732-657-7600, the Toms River Branch at 732-349-6200 or visit <https://tinyurl.com/ManagingYourMemory>.

Free parking is available at the Toms River Branch weekdays after 5 p.m., in the top two levels of the Toms River parking garage located behind the library or anytime in the Ocean County parking garage on Hooper Avenue.