



OCEAN COUNTY LIBRARY

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

101 Washington St
Toms River, NJ 08753-7625
Telephone: 732-349-6200
www.theoceancountylibrary.org
Susan Quinn, Director
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PRESS RELEASE

CONTACT: Bob Vosseller 732-349-6200 x 5909
rvosseller@theoceancountylibrary.org

Ocean County Library Hosts Health Series

BEACHWOOD – The Beachwood Library, 126 Beachwood Blvd. will host the six-part series “Take Control of Your Health” presented by a representative of Meridian Health.

The series will take place each Thursday at 1 p.m. May 17, May 24, May 31, June 7, June 14 and June 21. Learn to manage symptoms of ongoing health problems, frustration and stress, and design your own self-management program. Light refreshments will be available.

These programs are free but registration is required. To register, call 732-244-4573 or visit theoceancountylibrary.org