



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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PRESS RELEASE

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Brain Games: Keep the Mind Sharp

MANCHESTER – Several branches of the Ocean County Library will host “Brain Games: Keep the Mind Sharp.”

This interactive workshop presented by Blue Cross Blue Shield will discuss the brain as the “master computer” and the importance of brain health. Diet, physical exercise, proper rest, and regular routines will be discussed.

The event will feature games and exercises to stimulate different brain areas and improve memory.

The program will take place at the following branches and dates:

Berkeley, 2 p.m. Tuesday, May 15, 30 Station Road, Bayville, 732-269-2144

Lacey, 2 p.m. Friday, May 18, 10 East Lacey Road, Forked River, 609-693-8566

Plumsted, 1:30 p.m. Monday, May 21, 119 Evergreen Road, New Egypt, 609-758-7888

Tuckerton, 10:30 a.m. Thursday, June 7, 380 Bay Avenue, 609-296-1470

Barnegat, 2 p.m. Thursday, June 7, 112 Burr Street, 609-698-3331

Upper Shores, 2 p.m. Wednesday, June 20, 112 Jersey City Avenue, Lavallette, 732-793-3996

The Berkeley, Lacey, Barnegat, and Tuckerton Branches will have free blood pressure, cholesterol, and glucose screenings by a registered nurse.

These programs are free but registration is required. To register, call the branch or visit theoceancountylibrary.org/events.