



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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Learn to Eat Healthy on a Budget

TOMS RIVER – The Ocean County Library will host “Eating Healthy on a Budget” at its branches in Point Pleasant Borough, Lacey, Long Beach Island, and Brick.

Blue Cross Blue Shield will present this workshop on how to buy fruits and vegetables at a low cost, how to plan home meals, and how to save money on food commonly eaten at home.

This event will take place at the following dates and branches:

- Point Pleasant Borough, 11 a.m. Wednesday, June 5, 834 Beaver Dam Road, 732-295-1555
- Lacey, 2 p.m. Tuesday, July 24, 10 East Lacey Road, Forked River, 609-693-8566
- Long Beach Island, 10 a.m. Monday, July 30, 217 S. Central Ave., Surf City, 609-494-2480
- Brick, 10 a.m. Wednesday, Sept. 12, 301 Chambers Bridge Road, 732-477-4513

The Point Pleasant Borough, Lacey, and Long Beach Island branches will have free screenings by a registered nurse available following the program. This will include health and wellness information, blood pressure, cholesterol, and glucose screenings.

Registration is required for this event. To register, call the branch or visit theoceancountylibrary.org/events.