



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Manchester Library to Host Health Programs

MANCHESTER – The Ocean County Library will host three programs as part of its “Chapters of Health” series at the Manchester Branch, 21 Colonial Drive. Chapters of Health programs will provide information on health topics.

“Take Control of Your Health: Chronic Disease Self-Management” 10 a.m. Thursdays, August 16, 23, 30, September 6, 13, 20. This six-session course will help individuals with chronic conditions increase confidence and feel less alone with ongoing issues. Trained peer leaders will teach how to overcome anger and depression, manage stress, improve communication, increase energy, eat healthier, sleep better, and become stronger in mind and body.

This program is modeled after the Stanford University program described in the book, “Living a Healthy Life with Chronic Conditions”. Participants will receive a copy of this book and a relaxation CD. Refreshments will be provided at each session.

“Calming Coloring” 2 p.m. Friday, August 17. Coloring is one of the hottest stress relief trends for adults. Spend a relaxing afternoon coloring with like-minded adults at the library. Coloring sheets, pencils, markers, and crayons will be supplied free of charge. This event often includes chocolate, aroma therapy, and a therapy dog.

“Your Medications: An Overview” 2 p.m. Monday, August 9. Staff from Horizon Blue Cross/Blue Shield will show you how to read and interpret a prescription label. They will also explain generic drugs and tiers when dealing with prescription drug plans. This program will also cover safety concerns such as storage and disposal of medications. A registered nurse will provide blood pressure, cholesterol, and glucose screenings following the program.

To register or for more information, call 732-657-7600 or visit theoceancountylibrary.org/events. One registration for “Take Control of Your Health” covers all six sessions.