



OCEAN COUNTY LIBRARY

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

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January 7, 2019

PRESS RELEASE

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Self-Care Symposium at Toms River Library

TOMS RIVER – Looking to stay on track with your New Year’s resolutions? The Toms Branch of the Ocean County Library will host a Self-Care Symposium 11 a.m. to 4 p.m. Saturday, Jan. 19. The event will feature workshops and speakers on managing stress, healthy cooking, mindful breathing, essential oils, bullet journaling, vision boarding, and more.

The day will begin with organizing humorist Jamie Novak, who will present “Lost the Clutter, Find Yourself.” The keynote speaker, Kailei Carr, will talk about creating a morning routine to help you be more effective and manifest your goals.

The branch is located at 101 Washington Street.

This event is free but registration is required. To register, or for more information, call 732-349-6200 or visit theoceancountylibrary.org/events.

Parking is free on Saturdays in the top and middle levels of the Toms River parking garage behind the library, or anytime in the Ocean County parking garage on Hooper Avenue.