



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Chair Yoga in Jackson Library

JACKSON – The Jackson Branch of the Ocean County Library will host “Chair Yoga” 11 a.m. Tuesday, Feb. 13, 2 Jackson Drive.

Do you experience limited mobility? Try the gentle art of chair yoga with certified instructor Jennifer Klein, MS, RD from the Perlmutter Family ShopRite.

Comfortable clothes are required. Participants must sign an injury waiver form before the event.

Registration is required for this free program. To register, call 732-928-4400 or visit theoceancountylibrary.org/events.