



# OCEAN COUNTY LIBRARY

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

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[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## PRESS RELEASE

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### June Adult Programs at Jackson Library

**JACKSON** – The Ocean County Library will host various programs for adults throughout the month of June at the Jackson Branch, 2 Jackson Drive, 732-928-4400.

“Introduction to Mindfulness Meditation – A Four Part Series” will take place at 3 p.m. Mondays, June 4, 11, 18, and 25. Join this four-week beginner’s immersion in mindfulness meditation. Separate registration is required for each session.

Evening film screenings will take place 6 p.m. Thursday, June 7 and 6 p.m. Monday, June 25.

“Coloring for Adults” will take place 10 a.m. Tuesday, June 12. Rediscover the joy of coloring. Coloring sheets and art supplies will be provided, along with light refreshments and relaxing music.

An afternoon film screening will take place 2:30 p.m., Thursday, June 14.

“Mindfulness Meditation: On Forgiveness” will take place 2 p.m. Thursday, June 28. This class is open to novice and skilled practitioners. Experience the art of forgiveness and empathy through guided meditation exercises.

Registration is required for these free programs. To register or for more information about each program, visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events) or call the branch.