



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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“Chapters of Health” Programs Coming to Manchester Library

MANCHESTER – The Ocean County Library will host six programs at its Manchester Branch throughout the month of October as part of its “Chapters of Health” program series.

- “Five Wishes” 2 p.m. Friday, Oct. 5. Registered nurse Claire Verruni will teach you about the “Five Wishes”, an easy-to-complete form to state exactly how you want to be treated should you become seriously ill. This program is sponsored by the Center for Healthy Aging at RWJ Barnabas Monmouth Medical Center’s Southern Campus.
- “Fall Prevention” 10 a.m. Monday, Oct. 8. Learn to prevent one of the greatest physical and financial risks to seniors. Free health screenings by a registered nurse will be available after the program. Additional health information will also be available.
- “Meet the Nourish Coaches: Author Talk and Book Signing” 6 p.m. Monday, Oct. 9. Wendy Bright-Fallon and Debbie Peterson, authors of “Nourish: A Community Supported Cookbook”, will sign copies of their book and talk about healthy food choices.
- “Mindful Meditation: On Self-Compassion” 6:30 p.m. Thursday, Oct. 18. Learn self-compassion through guided meditation. Novice and experienced meditation practitioners are welcome.
- “Calming Coloring” 2 p.m. Friday, Oct. 19. Spend an afternoon creating, listening to soothing music, and relaxing with like-minded adults.
- “Age Related Hearing Loss” 2 p.m. Monday, Oct. 22. Learn the common signs of age-related hearing loss and what you can do to prevent it.

The branch is located at 21 Colonial Drive.

Registration is required for these programs. To register, call 732-657-7600 or visit theoceancountylibrary.org/events.