



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Learn to Eat Healthy on a Budget at LBI Library

LONG BEACH ISLAND – The Ocean County Library will host “Medicare 101: Aging In” 2 p.m. Thursday, Oct. 25 at the Long Beach Island Branch. The topic for this event is “Eating Healthy on a Budget”.

Learn tips on buying fruits and vegetables at a low cost, planning home meals, and saving money on food.

Optional free screenings by a registered nurse will take place after the program. This will include health and wellness information, blood pressure, cholesterol, and glucose screenings.

The branch is located at 217 S. Central Ave, Surf City.

Registration is required for this free event. To register, call the branch at 609-494-2480 or visit theoceancountylibrary.org/events.