



# OCEAN COUNTY LIBRARY

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

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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

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

Susan Quinn, Director

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## PRESS RELEASE

**CONTACT:** Dan Fitzgerald, 732-349-6200, ext. 5908  
[dfitzgerald@theoceancountylibrary.org](mailto:dfitzgerald@theoceancountylibrary.org)

### Learn About Memory Loss at Jackson Library

**JACKSON** – The Jackson Branch of the Ocean County Library will host “Memory Loss: What’s Normal, What’s Not” at 2 p.m. Tuesday, Apr. 2.

Learn what causes memory loss, how to improve your memory, and tips for challenging your brain. Participants will have the option to participate in a memory screening.

Debra A. Shar, RN BSN, Community Outreach RN Coordinator of Hackensack Meridian Health will present the program.

This program is made possible through the Partnership for a Healthier Ocean County.

The branch is located at 2 Jackson Drive.

Registration is required for this free program. To register, call the branch at 732-928-4400 or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events).