



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

April 22, 2019

PRESS RELEASE

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Health Programs at Manchester Library in May

MANCHESTER – The Manchester Branch of the Ocean County Library will host several programs as part of its Chapters of Health series. Chapters of Health programs provide general information on health topics. Presenters are often professionals from local health-related organizations that have partnered with the library to help educate the public.

- “Stroke Awareness” 2 p.m. Monday, May 13. This program will explore stroke risk factors, signs and symptoms of a stroke, and measures that can be taken to avoid having a stroke. Attendees have the option of receiving a free blood pressure screening. This program will be presented by the Health Education Team from the Robert Wood Johnson Barnabas Health Organization.
- “Bone Up on Osteoporosis” 2 p.m. Monday, May 20. This presentation will provide an overview of the nature and risk factors of osteoporosis and its signs and symptoms. It will also cover popular treatment options and practical steps to take to protect your bones. Attendees have the option of receiving a free bone density screening.
- “Ice Cream Making with Amy” 2 p.m. Thursday, May 30. Amy Paradise will use fresh and healthy ingredients to make ice cream using a blender in this fun and educational program. There will also be guessing games and recipes to try Amy’s creations at home.
- “Eat Greek” 2 p.m. Friday, May 31. Jennifer Klein, dietician with ShopeRite of Manchester, will cook up some Greek cuisine. Jen will explain the benefits of a Mediterranean diet and how to prepare a simple Greek-style meal.

The branch is located at 21 Colonial Drive.

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