



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Brain Health Assessment Workshop Coming to LBI Library

LONG BEACH ISLAND – The Long Beach Island Branch of the Ocean County Library will host a brain health assessment workshop at 10 a.m. and 11 a.m. Thursday, May 16. The two sessions are the same.

This workshop, geared toward those 50 to 90 years of age, will help assess your brain, provide tips on better health, memory, and aging. Trained members of Cogniciti, a subsidiary of Baycrest Health Services, will provide participants with an overview of brain health. Individual Q&A will follow each session.

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

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