



# OCEAN COUNTY LIBRARY

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

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

Susan Quinn, Director

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## PRESS RELEASE

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### Manchester Library to Host Health Programs in September

**MANCHESTER** – The Manchester Branch of the Ocean County Library will host programs in September as part of their “Chapters of Health” series. Presenters are often professionals from local health-related organizations that have partnered with the library to help educate the public.

- “Mindfulness Meditation” 10:30 a.m. Monday, Sep. 16. Learn the art of gratitude through guided meditation exercises and sitting in silence. Both novice and intermediate practitioners are welcome to attend. There will also be a question and answer session with the instructor. Comfortable clothes are recommended.
- “Calming Coloring” 2 p.m. Friday, Sep. 20. Spend a relaxing afternoon creating, listening to soothing music, and relaxing with likeminded adults at the library. Coloring sheets, pencils, markers, and crayons will be supplied free of charge. Chocolate, aromatherapy, and a therapy dog may also be provided for additional de-stressing.
- “Avoiding Falls” 2 p.m. Monday, Sep. 23. A fall can have life-changing consequences but most falls can be prevented. Empower yourself by attending this practical, interactive discussion about some of the common causes of falls and how they can be avoided. This presentation will also include a demonstration of the safest way to get back up after a fall as well as techniques to improve your balance.

The branch is located at 21 Colonial Drive.

Registration is required for these free programs. To register, call the branch at 732-657-7600 or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events).