



# OCEAN COUNTY LIBRARY

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

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

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

Susan Quinn, Director

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## PRESS RELEASE

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### Master Medication Management at the Ocean County Library in March

**TOMS RIVER** – The Ocean County Library is pleased to host a presentation by the Ocean County Health Department, “Shore to Age Well: Medication Management and Alternatives,” at four branches during the month of March:

- **Brick Branch** – 10 AM Wednesday, March 15. 301 Chambers Bridge Road, (732) 477-4513.
- **Waretown Branch** – 10:30 AM Monday, March 20. 112 Main Street, (609) 693-5133.
- **Barneget Branch** – 10 AM Wednesday, March 22. 112 Burr Street, (609) 698-3331.
- **Manchester Branch** – 10 AM Monday, March 27. 21 Colonial Drive, (732) 657-7600.

The program, designed for residents age 55 and older, aims to promote common sense in the use of medications, to present information about alternatives to opioids, and to encourage discussion with physicians about ways to achieve desired results.

It will highlight non-opioid forms of pain management, including physical therapy, chiropractic care, yoga, massage therapy, local anesthetics, topical solutions, biofeedback, exercise, and nonsteroidal anti-inflammatory drugs (NSAID).

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend one of these free programs, sponsored by the Ocean County Library Senior Services Department.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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**Ocean  
County**

**Health  
Department**

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