



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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PRESS RELEASE

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Discover Well-Being through Healing Touch at Ocean County Library Long Beach Island Branch

SURF CITY – Let a relaxed state of consciousness help you to refresh your mind and body. Become familiar with the Healing Touch method at the Ocean County Library Long Beach Island Branch, 2 PM Friday, August 25.

Join wellness consultant Brittany Histing, RN, BSN, MSN, HT-A for an introduction to Healing Touch, a heart-centered, energy-based healing technique for enhanced physical, emotional, mental and spiritual healing.

Brittany will explain the method's role in balancing energy centers, or chakras, and clearing the energy field for relaxation, mental clarity, and wellness. Practitioners cite its effectiveness in easing pain, anxiety, tension, stress and fatigue, shortening hospital stays, reducing pharmaceutical use, and improving immune function.

Brittany Histing, a University of Connecticut nursing honors graduate, earned a Master's degree from Drexel University, during which she taught nursing in India and widened her medical studies beyond traditional means. She offers energy healing, cleansing and well-being mentoring at www.surfingwavesoflight.com.

Please register at www.theoceancountylibrary.org/events to attend this free program. For more information, visit the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.

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

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Photo Courtesy of Brittany Histing

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