



# OCEAN COUNTY LIBRARY

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

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

Susan Quinn, Director

August 18, 2023

## PRESS RELEASE

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### Mindfulness Meditation at Ocean County Library Long Beach Island Branch



**SURF CITY** – Experience relaxation and learn the physical and mental benefits of mindfulness. Introduction to Mindfulness Meditation will take place at two Ocean County Library branches:

- **Long Beach Island Branch** – 11 AM Saturday, September 16, 217 South Central Avenue, Surf City, (609) 494-2480
- **Waretown Branch** – 11 AM Saturday, October 7, 112 Main Street, (609) 693-5133

Practitioners of mindfulness meditation extol its ability to induce relaxation, calm, mental clarity, and increased resilience. Certified practitioner [Shazia Zaman](#) will lead the sessions, open to beginners as well as to experienced individuals. A question-and-answer period will follow each session.

Space is limited, so please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program at either branch. For more information, call the OCL Long Beach Island Branch, (609) 494-2480, or the OCL Waretown Branch, (609) 693-5133.

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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