



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Master Medication Management: “Shore to Age Well” at Ocean County Library

TOMS RIVER – Older adults who grapple with chronic pain have choices for medicating it. The Ocean County Library Lacey Branch will host the Ocean County Health Department presentation “Shore to Age Well” at two branches in September.

- **Little Egg Harbor Branch** – 3 PM Thursday, September 14; 290 Mathistown Road, (609) 294-1197.
- **Lacey Branch** – 10 AM Friday, September 15; 10 East Lacey Road, Forked River, (609) 693-8566.

The one-hour program 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 to attend this free program, presented by the Department of Substance Abuse, Addiction and Opioid Dependency of the Ocean County Health Department. For more information, visit or call either participating branch or call (732) 349-6200.

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

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