



# 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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### Dance for Fun and Health: Chair Ballet at Ocean County Library Long Beach Island Branch



**SURF CITY** – Experience the joy of graceful motion that rejuvenates the body and supports a healthy lifestyle during Chair Ballet, a monthly program starting 10 AM Monday, September 18 at the Ocean County Library Long Beach Island Branch.

Branch Manager Laurence Krupinski will lead this low-impact, high-yield session that combines ballet with exercises for adults, all done while seated. See how basic ballet positions can contribute to correct posture, muscle use, and balance, all while having fun.

Chair Ballet will be offered on a monthly basis at the OCL Long Beach Island Branch. No experience is necessary. Be sure to wear comfortable clothing. Participants will be asked to sign waivers before the session begins.

Space is limited, so please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program. For more information, stop by 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](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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