



# 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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### Sit Your Way to Health - Chair Yoga at Ocean County Library Lacey Branch



**LACEY TOWNSHIP** – Join us for relaxing afternoons that also support your health. Certified yoga instructor Linda Higley will lead chair yoga for adults and seniors through late autumn at the Ocean County Library Lacey Branch.

The one-hour sessions will take place once monthly, on the following dates:

- **Wednesday, September 27** – 2:30 PM
- **Wednesday, October 25** – 2:30 PM
- **Wednesday, November 15** – 2:30 PM

The exercise method uses a chair for balanced or seated positions. Proponents cite its contributions to blood circulation, flexibility, sleep quality, and stress reduction. Chair yoga also is accessible for people with limited mobility.

Participants will be required to sign waivers before the start of each session. Waivers will be available prior to the start of each program.

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Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for one or more sessions in the series. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

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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