



# OCEAN COUNTY LIBRARY

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

101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

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

Susan Quinn, Director

November 1, 2023

## PRESS RELEASE

**CONTACT:** Tom Mongelli, 732-349-6200, ext. 5900

[tmongelli@theoceancountylibrary.org](mailto:tmongelli@theoceancountylibrary.org)

### Seniors Can Experience Benefits of Reiki At Ocean County Library



**TOMS RIVER** – The Ocean County Library is pleased to present a program that will familiarize senior citizens with Japanese healing practice known as Reiki and its ability to support relaxation and well-being. “Serenity Touch: A Reiki Program for Seniors” will be offered at three OCL branches:

- **Plumsted Branch** – 11 AM Saturday, December 2, 119 Evergreen Road, New Egypt, (609) 758-7888.
- **Point Pleasant Borough Branch** – 11 AM Saturday, December 9, 834 Beaver Dam Road, (732) 295-1555.
- **Barneget Branch** – 11 AM Saturday, December 16, 112 Burr Street, (609) 698-3331.

Laura Giacobbe, a Certified Reiki Master Teacher in the tradition of Johre (“White Light”) Reiki, will present an overview of the chakra system and the value of Reiki in a regimen to promote well-being, and will teach ways to sense or feel energy.

Reiki is a complement to traditional care or a personal relaxation technique. It does not replace qualified medical or traditional care. Reiki practitioners neither dispense medical advice nor prescribe treatments for physical, emotional, spiritual, mental or medical conditions.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for these free programs. For more information, drop by or contact any participating branch or phone (732) 349-6200.

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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