



# 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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### **Tuckerton Library to Offer an Overview of Essential Oils**

**TUCKERTON** - The Ocean County Library will present “Essential Oils 101” at the Tuckerton Branch, 380 Bay Ave., 6 p.m. Monday, November 13.

Integrative Nutrition Coach, Joan Colandria will present an informative overview of what essential oils are and their many benefits.

She will explain ways to include essential oils in everyday life as well as how to use them safely and effectively. Attendees will learn how a family could benefit from essential oils by helping to improve physical wellness and conditions.

The program is free and open to the public, but registration is required. To register call the Tuckerton Branch at 609-296-1470 or visit [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org) and click on “Calendar of Events.”