



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Relax, Detox, and Rejuvenate for Spring

JACKSON – The Jackson Branch of the Ocean County Library will host two programs to help you relax, detox, and rejuvenate.

“Detox and Rejuvenate for Spring” will take place at 7 p.m. Monday, Apr. 9.

Explore nourishing foods and self-care practices that support detoxification while boosting energy in the body. Learn to reduce inflammation, reduce seasonal allergies, improve sleep, and enhance digestion. Learn and taste healthy recipes.

“Coloring for Adults” will take place at 10 a.m. Tuesday, Apr. 17.

Participants can rediscover the joy of coloring, have light refreshments, and listen to relaxing music. Coloring pencils and sheets will be provided.

“Mindfulness Meditation: On Compassion” will take place at 3 p.m. Wednesday, Apr. 19.

Learn the gentle art of practicing self-compassion through guided meditations.

The branch is located at 2 Jackson Drive.

Registration is required for this free program. To register, visit theoceancountylibrary.org/events or call 732-928-4400.