



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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PRESS RELEASE

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Health Programs at Manchester Library in September

MANCHESTER – The Manchester Branch of the Ocean County Library will host several health programs as part of the library’s Chapters of Health series. Chapters of Health programs provide information on health topics.

“Keeping Your Grandkids Safe and Happy While in Your Care” 2 p.m. Monday, September 10. This interactive seminar will cover child safety at home, outdoors, and on the road. Attendees will receive the free home safety kits with the essentials to make a safer environment for their grandkids. The program is sponsored by Monmouth Medical Center’s South Campus (RWJ Barnabas Health) and Safe Kids Monmouth/Ocean.

“Diabetes Self-Management” 2 p.m. Fridays, September 14, 21, 28, October 12 and 19. This workshop will provide guidelines for eating healthy, exercising, managing stress, and taking medications for people with diabetes. It aims to improve self-management behavior. Sign up once for all sessions.

“Mindful Meditation: On Forgiveness” 6:30 p.m. Thursday, September 20. Experience the gentle art of forgiveness and empathy through guided meditation exercises. Novice and experienced practitioners are welcome. There will be informational teachings and a Q&A session. The instructor is Shazia Zaman, a librarian and longtime meditation practitioner.

“Calming Coloring” 2 p.m. Friday, September 21. Spend a relaxing afternoon coloring, creating, listening to soothing music, and relaxing with like-minded adults at the library. Coloring sheets, pencils, markers, and crayons will be supplied free of charge. Chocolate, aroma therapy, and a visit from a therapy dog are usually provided for further destressing.

“What the Food Industry Isn’t Telling You” 6 p.m. Monday, September 24. Learn the truth about the food industry’s successful attempts to make money at the expense of your health. This program will change the way you look at food and help you take control of your future. The presentation will be given by staff from Ocean Integrated Health.

The branch is located at 21 Colonial Drive.

Registration is required for these free programs. To register, call 732-657-7600 or visit theoceancountylibrary.org/events.