



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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Free Programs at the Jackson Library in September

JACKSON – The Jackson Branch of the Ocean County Library will host various free programs for adults throughout September.

“Afternoon Film” 2:30 p.m. Thursday, September 13. Visit theoceancountylibrary.org/events for film information.

“Mindfulness Meditation: On Gratitude” 3 p.m. Friday, September 14. Open to novice and skilled practitioners. Learn the beautiful art of gratitude. This practice includes informational teachings, guided meditation, and sitting in silence. Followed by Q&A.

“Fall Prevention” 3 p.m. Monday, September 17. Falling is one of the greatest physical and financial risks among the senior population. This program provides an understanding the implications and risks of falls. This program is made possible by Blue Cross/Blue Shield of New Jersey.

“Coloring for Adults” 10 a.m. Tuesday, September 18. Rediscover the joy of coloring. Coloring sheets and art supply provided along with light refreshment and relaxing music.

“Author Fair 2018” 11 a.m. Saturday, September 22. Join us as local authors discuss their talent and offer books for sale. Learn more about the writing and publishing business by networking with seasoned and newly-published authors. Walk-ins welcome.

“Evening Film” 6 p.m. Monday, September 24. Visit theoceancountylibrary.org/events for film information.

The branch is located at 2 Jackson Drive.

Registrations are required for these free programs unless noted otherwise. To register, call the branch at 732-928-4400 or visit theoceancountylibrary.org/events.