



# 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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### Fall Prevention Sessions at the Ocean County Library

**TOMS RIVER** – The Ocean County Library will host “Fall Prevention” at several of its branches in September and October.

Falling is one of the greatest physical and financial risks among the senior population. This program provides an understanding the implications and risks. It will incorporate handouts of exercises which promote strength, endurance, and flexibility.

This program will take place at the following dates and locations:

Manchester Branch, 10 a.m. Monday, Oct. 8, 21 Colonial Drive, 732-657-7600

Plumsted Branch, 1:30 p.m. Monday, Oct. 8, 119 Evergreen Road, 609-758-7888

Lacey Branch, 2 p.m. Tuesday, Oct. 9, 10 East Lacey Road, 609-693-8566

All branches will have free screenings by a registered nurse following the program which will include health and wellness information, blood pressure, cholesterol, and glucose screenings.

This program will be presented by Horizon Blue Cross/Blue Shield.