



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Stress Relief Using Essential Oils at Jackson Library

JACKSON – The Ocean County Library will host “Stress Relief Using Essential Oils” 7 p.m. Wednesday, Dec. 5 at the Jackson Branch.

Lauren Gitlin of Legitoils will show how to mitigate stress using essential oils in your daily routine.

Learn about natural products to improve sleep patterns and blends for diffusers and rollers.

The branch is located at 2 Jackson Drive.

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