



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Health Programs at Manchester Library

MANCHESTER – The Manchester Branch of the Ocean County Library will present three health programs in November.

- “Diabetes: Are You at Risk?” 2 p.m. Monday, Nov. 5. Learn about diabetes awareness and prevention, including the signs, symptoms, how to delay and avoid the onset, as well as self-management options for the diabetic. The Community Health Education Team from RWJ Barnabas Monmouth Medical Center’s Southern Campus will present the program. A registered nurse will be available to provide free glucose screenings.
- “Calming Coloring” 2 p.m. Friday, Nov. 16. Create, listen to soothing music, and relax with likeminded adults at the library. Coloring sheets, markers, and crayons will be supplied. This program usually features chocolate, aroma therapy, and a therapy dog.
- “Aromatherapy” 6 p.m. Tuesday, Nov. 27. This program will focus on 10 to 12 essential oils. Learn to use them in a safe, effective manner through hands-on activities and discussion. Participants will make aromatherapy items to take home.

The branch is located at 21 Colonial Drive.

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