



# 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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### Talk on Mindfulness of Race Coming to Toms River Library

**TOMS RIVER** – The Toms River Branch of the Ocean County Library will host “Mindful of Race: Transforming Racism from the Inside Out” at 5:30 p.m. Wednesday, May 8.

Diversity consultant and meditation teacher Ruth King will shine a compassionate, provocative, and practical light on a subject relevant to all. This talk will provide a fresh take on the complexity of racial conditioning and the dynamics of racial oppression.

Ruth King is an international teacher of insight meditation as well as an author and life coach. Her intuition, knowledge, and skill weave together western psychology, Buddhist philosophy, leadership development, mindfulness meditation, and just plain fun.

The branch is located at 101 Washington Street.

Registration is required for this free program. To register, call the branch at 732-349-6200 or visit [theoceancountylibrary.org/events](http://theoceancountylibrary.org/events).