



OCEAN COUNTY LIBRARY

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

101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

June 7, 2019

PRESS RELEASE

CONTACT: Dan Fitzgerald, 732-349-6200, ext. 5908
dfitzgerald@theoceancountylibrary.org

Health Workshops Coming to Jackson Library

JACKSON – The Jackson Branch of the Ocean County Library will host a variety of health programs.

“Food, Nutrition, and Your Health: Clearing Up the Confusion with Dr. Ina” will take place 7 p.m. Thursday, June 27. Nutritionist, educator, and author Dr. Ina Nozek will share her expertise on nutritional health, weight wellness, and dieting.

“Shore to Age Well: Medication Management and Alternatives” will take place at 11 a.m. Tuesday, July 16. This program will cover alternative forms of pain management, including physical therapy, chiropractic care, yoga, massage therapy, local anesthetics, topical medications, biofeedback, exercise, and NSAIDs. This program is presented by the Ocean County Health Department and funded by the Division of Mental Health and Addiction Services.

These programs are made possible through the Partnership for a Healthier Ocean County.

The branch is located at 2 Jackson Drive.

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