



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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PRESS RELEASE

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Manchester Library to Host Health Programs in August

MANCHESTER – The Manchester Branch of the Ocean County Library will host programs in August as part of their “Chapters of Health” series. Presenters are often professionals from local health-related organizations that have partnered with the library to help educate the public.

- “Aromatherapy” 2 p.m. Friday, Aug. 2. This program will focus on 10 to 12 essential oils. Presenter Danielle Boska will demonstrate how to use them safely and effectively. Participants will make aromatherapy items to take home.
- “Calming Coloring” 2 p.m. Friday, Aug. 16. Spend a relaxing afternoon creating, listening to soothing music, and relaxing with likeminded adults at the library. Coloring sheets, pencils, markers, and crayons will be provided. This program usually features chocolate, aromatherapy, and a therapy dog for additional de-stressing.
- “Tai Chi” 2 p.m. Monday, Aug. 26. Tai chi, sometimes referred to as “moving meditation,” is a gentle physical activity which can be done sitting or standing by almost anyone, regardless of ability. It is used to improve balance and coordination and may even reduce likelihood of falls. Instructor Kit Lau will share the physical and mental benefits of tai chi.

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.