



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Health Workshops Coming to Jackson Library

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

“Vaccine Information Session” 10:30 a.m. Tuesday, Aug. 27. Learn what the New Jersey vaccine requirements are for school age children, weigh the risks and benefits, gain expert education from the Centers for Disease Control, and what the 2018 – 2019 Measles outbreak has taught us. The Clinic division of the Ocean County Health Department will provide a public health nurse and a communicable disease representative at this program.

“Prostate Health” 2 p.m. Tuesday, Sep. 17. About one in seven men will be diagnosed with prostate cancer, making it the most common form of male cancer in the US. Treatments like radiation, surgery, hormone therapy, or chemotherapy are necessary but can be taxing. This program will healthy bladder habits and how a physical therapist can help. This program is presented by Jamie Scomak of Inner Dynamics Physical Therapy of Toms River.

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.