



# 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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### **Manchester Library to Host Health Programs in December**

**MANCHESTER** – The Manchester Branch of the Ocean County Library will host programs in December 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.

- “Brain Games for Adults” 1 p.m. Friday, Dec. 6. Exercise your mind and keep your thinking sharp with games, puzzles, and other fun activities.
- “Relationships and Self-Care” 2 p.m. Monday, Dec. 9. Learn how to remain healthy, strong, and resilient in a world full of constant stress and change. Presenter Regina Rosenthal will show how nurturing relationships promote good health and a happy life.
- “Mindfulness Meditation: on Compassion” 10 a.m. Saturday, Dec. 14. Learn the art of kindness through guided meditation and conscious compassion exercises. Both novice and intermediate practitioners are welcome to attend. There will also be a question and answer session with the instructor. Comfortable clothes are recommended.
- “Calming Coloring” 2 p.m. Friday, Dec. 20. 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 supplied free of charge. Chocolate, aromatherapy, and a therapy dog may also be provided for additional de-stressing.

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](http://theoceancountylibrary.org/events).