



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Toms River Library to Host Women's Health Expo

TOMS RIVER – The Ocean County Library Toms River Branch, in partnership with the Ocean County chapter of the National Organization for Women, will host a Women's Health Expo, 10 a.m. Saturday, Mar. 21.

The six-hour Expo coincides with Women's History Month and the 100th anniversary of the passage of the 19th Amendment to the U.S. Constitution, granting women's suffrage.

It will feature discussion panels and information on topics including mindfulness, nutrition and health, offered by community organizations and small business owners.

The keynote address will be delivered by Patricia Vena, MSW, LCSW, of the Central Jersey Family Health Consortium. Her topic will be Perinatal Mood and Anxiety Disorders, and the first steps families and advocates can take to help mothers and babies thrive.

The Expo is sponsored in part by the Friends of the Ocean County Library – Toms River.

The branch is located at 101 Washington Street.

Registration is required for this free event. To register, call the branch, 732-349-6200, or visit www.theoceancountylibrary.org.

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