



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Discover Healthful Diabetes Management Methods At the Ocean County Library



Hackensack
Meridian Health

TOMS RIVER – If you live with diabetes, you can minimize its impact, control A1C levels and monitor blood sugar and stress levels. Registration is now open for “Seniors: Take Control of Your Life” diabetes workshops at the Ocean County Library Upper Shores Branch, which begin Tuesday, September 20.

The two-hour workshops, limited to 12 participants each, will take place at 10 AM on six successive Tuesdays: September 20, September 27, October 4, October 11, October 18 and October 25. Family members and caregivers are welcome.

Hackensack Meridian Health and Meals on Wheels of Ocean County sponsor the free, live diabetes self-management programs in partnership with OCL. The series was developed by Stanford University for people age 60 and older.

Experienced, certified volunteers lead the two-hour weekly, six-week courses which aim to promote effective self-management behavior. Participants will receive a relaxation CD and a free book, *Living a Healthy Life with Chronic Conditions*.

Registration is required for these free workshops. To register, call 732-860-2905. The Upper Shores Branch is at 112 Jersey City Avenue, Lavallette.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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