



# OCEAN COUNTY LIBRARY

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

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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## PRESS RELEASE

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### Reduce Stress, Raise Spirit with Qigong at Ocean County Library

**TOMS RIVER** – Learn the physical and mental benefits of a traditional Eastern therapy method at the Ocean County Library. Jennifer Steffener will present “Qigong for Health and Vitality” at two branches.

- **Stafford Branch** – 6:30 PM Tuesday, October 11; 129 North Main Street, Manahawkin, (609) 597-3381.
- **Toms River Branch** – 2:30 PM Saturday, December 10; 101 Washington Street, (732) 349-6200.

Participants will learn principles of this ancient self-healing system, designed to increase and balance internal energy, calm the nervous system, reduce stress and chronic tension, build strength and stamina, improve overall health, and elevate one’s mood.

Jennifer is a licensed massage therapist and certified Tai Chi, Qigong, and Meditation teacher, with more than 27 years of professional experience, and has been a registered Yoga instructor since 2018.

Involved in fitness and holistic services since 1990, Jennifer acquired advance training in Eastern healing arts, massage, and fitness techniques. Visitors to [www.jennifersteffener.com](http://www.jennifersteffener.com) find a storehouse of information, advice, and blogs concerning lifestyles and environment.

Attendees are encouraged to wear comfortable, non-restrictive clothing and flat-soled, flexible, non-skid shoes, and also to bring water to drink and paper and pen for notes.

Registration is required for these free programs. To sign up and find more information, stop in or call either participating branch or visit [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

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

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