



# 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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### Enhance Vitality with Acupressure at Ocean County Library

**TOMS RIVER** – Discover a time-honored Eastern method to lower stress and raise energy at Ocean County Library. Jennifer Steffener will present “Relax and Restore with Acupressure” at two OCL branches.

- **Lacey Branch** – 2:30 PM Saturday, October 22; 10 East Lacey Road, (609) 693-8566.
- **Point Pleasant Boro Branch** – 6:30 PM Tuesday, December 6; 834 Beaver Dam Road, (732) 295-1555.

The self-care method is used to improve overall health, increase self-awareness, and enhance relaxation. Attendees will learn simple acupressure points, massage techniques, and breathing exercise to help relieve sinus congestion, aches, pains, anxiety, and stress.

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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