



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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PRESS RELEASE

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Revive Health and Spirit with Tai Chi at Ocean County Library

TOMS RIVER – Learn how an ancient Asian therapy can improve your well-being at the Ocean County Library. Jennifer Steffener will present offer “Enhance Your Life with Tai Chi” at two branches.

- **Waretown Branch** – 2:30 PM Friday, October 28; 112 Main Street, (609) 693-5133.
- **Lakewood Branch** – 2:30 PM Friday, November 18; 301 Lexington Avenue, (732) 363-1435.

The program will cover basic principles and skills to help reduce stress, increase strength and balance, regulate emotions, enhance mental clarity, and boost immunity. Participants will learn postural awareness, breathing and warm-up techniques, and gentle movements.

Jennifer is a licensed massage therapist and certified Tai Chi, Qigong, and Meditation teacher, with more than 27 years of professional experience, and has also 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 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.

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

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