



OCEAN COUNTY LIBRARY

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PRESS RELEASE

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October 22, 2021

OCL Virtual Presentation to Highlight Sleep, Aging, and Dementia Research

Image Included

TOMS RIVER – Join the Ocean County Library and the Alzheimer’s Association Greater New Jersey Chapter for a virtual roundtable presentation and a community dialogue about sleep, health, and age-related dementia, 12 Noon Wednesday, November 4.

Sana Rias, MD, a geriatrician and family practitioner affiliated with Monmouth Medical Center RWJBH, will discuss the relationship between sleep and health. It will be followed by a brief presentation detailing current Alzheimer’s and dementia research.

A question-and-answer session will be included in the hour-long presentation.

Registration at www.theoceancountylibrary.org/events is required for these free programs. Each registrant will receive a link to the program by email.

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

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alzheimer's  association®



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