



OCEAN COUNTY LIBRARY

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

PRESS RELEASE

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

Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

December 8, 2021

CONTACT: Tom Mongelli, 732-349-6200, ext. 5900
tmongelli@theoceancountylibrary.org

Ocean County Library to Host Free Health Management Workshops

TOMS RIVER – Chronic conditions or diabetes can be self-managed safely and effectively, through an upcoming series of free live and virtual workshops hosted by the Ocean County Library.

The workshops are funded by the Ocean County Office of Senior Services and Meals on Wheels of Ocean County, in partnership with the Ocean County Library.

The Stanford University programs aim to help individuals age 60 and older reduce the risks of managing conditions such as diabetes, high blood pressure, arthritis, heart or lung disease, and depression. Local trained and certified volunteers will lead the courses.

Two-hour interactive sessions will take place weekly, for six consecutive weeks. Virtual participants will require personal computers or laptops, equipped with camera and microphone.

Virtual Chronic Disease Workshops will take place through Zoom, 10 AM to 12 PM each Wednesday, January 12 through February 16. Registered participants will receive links via email.

In-person Chronic Disease Workshops will be conducted 1 PM to 3 PM each Thursday, February 24 through March 31, in the Ocean County Library Manchester Branch.

In-person Diabetes Workshops will take place 10 AM to 12 PM each Wednesday, March 23 through April 27, in the Ocean County Library Jackson Branch.

Registration for each workshop is required, and will be limited to 12 participants. Families and caregivers are welcome to register. Each attendee will receive a copy of the book *Living a Healthy Life with Chronic Conditions*, and a relaxation compact disc.

Register online at <https://csimow.org/take-control-health/>. Learn more by emailing info@csimow.org.

###