



# OCEAN COUNTY LIBRARY

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

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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### Ocean County Library Autism Resources Fair 2023: Develop Mindfulness through Chair Yoga



**TOMS RIVER** – Adults, teens, and caregivers at the Ocean County Library's Autism Resources Fair can cultivate mindfulness through the senses by taking part in "Chair Yoga with Belle" in Bishop Hall of the Toms River Branch, 10 AM until 11 AM Saturday, April 15.

Participants in the one-hour session will experience gentle, senses-sharpening stretching and breathing exercises, and will leave with the ability to conduct their routines at home.

Belle Burns is a certified Yoga and Meditation Instructor and OCL staffer who offers workshops at the Library and at local studios. She strives to endow people with a sense of community and empowerment, and to make yoga and meditation accessible to all.

Registration is not required attend the Autism Resources Fair, but registration at [www.theoceancountylibrary.org/autism](http://www.theoceancountylibrary.org/autism) is required for this free program, open to everyone age 13 to 17. Parents or guardians will be asked to sign waiver forms prior to the event.

The Autism Resources Fair is sponsored by the Ocean County Library Foundation. For more information, visit the [Autism Resources Fair website](http://www.theoceancountylibrary.org/autism), stop into the Toms River Branch, 101 Washington Street, or call (732) 349-6200.

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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**Belle Burns**

**Photo courtesy of Belle Burns**

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