



# 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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### Smoothie Bowl Schooling for Seniors at Ocean County Library

**TOMS RIVER** – Savvy seniors aged 55 and up, with an eye for nutrition, can learn to create tasty, healthful, affordable smoothie bowls during the month of May at three Ocean County Library branches.

- **Long Beach Island Branch** – 217 South Central Avenue, Surf City, (609) 494-2480. Wednesday, May 3, 3:30 PM.
- **Tuckerton Branch** – 380 Bay Avenue, (609) 296-1470. Tuesday, May 9, 2:30 PM.
- **Stafford Branch** – 129 North Main Street, Manahawkin, (609) 597- 3381. Tuesday, May 16, 11 AM.

Amy Paradise, a local mom, former educator, and two-time cancer survivor, will provide culinary guidance and will whip up samples. Bring your appetite, do some taste-testing and take home recipes of budget-friendly ingredients, easy prep and quick clean-up. Some ingredients might contain potential allergens.

Amy serves on the advisory board of [Kick Cancer Overboard](#), the Jersey Shore-based 501 (c)(3) nonprofit organization that furnishes sea cruises for people who have been affected by cancer. Music lovers know her as a singer alongside spouse Dale, with whom she owns the Twin Boys Enterprises, LLC entertainment firm.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program, sponsored by the Ocean County Library Senior Services Department. There is a limit of 15 registrants for the program at each branch.

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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**Amy Paradise**



**Honey Blueberry Bowl, topped with cacao chips, oats & blueberries**



**Cocoa Banana Bowl, topped with almond granola & coconut chips**

**Ingredients at program will vary depending on local availabilities**

**Photos courtesy of Amy Paradise**

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