



OCEAN COUNTY LIBRARY

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

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

Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

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PRESS RELEASE

CONTACT: Dan Fitzgerald, 732-349-6200, ext. 5908
dfitzgerald@theoceancountylibrary.org

“Brain Health as You Age” Program Coming to Jackson Library

JACKSON – The Jackson Branch of the Ocean County Library will host “Brain Health as You Age” 11 a.m. Tuesday, Jan. 16.

We all want to stay healthy and independent as we age. This includes health of both body and mind.

“Brain Health as you Age” will review risk factors for diseases of the brain and what can be done to protect brain health at any age.

This program is presented by Safe Kids Monmouth/Ocean County and Monmouth Medical Center, Southern Campus.

Registration is required for this free program. To register, call 732-928-4400 or visit theoceancountylibrary.org/events.