



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

January 12, 2017

PRESS RELEASE

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

Mindfulness Meditation Session Coming to Jackson Library

JACKSON – The Jackson Branch of the Ocean County Library will host “Mindfulness Meditation: On Healing” 11 a.m. Friday, Feb. 23, 2 Jackson Drive.

Learn the gentle art of healing through guided meditation with visualization. Bring an open heart and mind. This practice is open to novice and skilled attendees.

Comfortable clothes are required.

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