



A CENTURY OF EXCELLENCE, A FUTURE OF POSSIBILITIES

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Press Release

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Learn about “Menopause and You” at the Long Beach Island Library

SURF CITY – Menopause can be a difficult and confusing time. Learn about this important phase of life during “Menopause and You” at the Long Beach Island Branch of the Ocean County Library at 2 p.m. Wednesday, October 29.

Join a representative from Hackensack Meridian Health for a discussion on navigating the menopausal transition and discovering effective treatments.

Registration is required for this free program. To register, visit tinyurl.com/MenopauseLBI, call 609-494-2480, or visit the branch at 217 South Central Ave., Surf City.

OCL turns 100 this year and you're why we're celebrating! See details on [Facebook](#), [Instagram](#), [X](#), [YouTube](#), [Spotify](#), [Pinterest](#) and theoceancountylibrary.org.

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