



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Create Neurographic Art at the Ocean County Library Long Beach Island Branch



SURF CITY – In recognition of May as Mental Health Awareness Month, you're invited to create a contemplative Neurographic art piece at the Ocean County Library Long Beach Island Branch, 10 AM Thursday, May 16.

Neurographic art is described as a meditative technique developed by [Pavel Piskarev](#), D.Sc., Prof., founder of [Neurographica](#)®, that combines intentionality and mindfulness. He has described his method as an amalgam of Western technological influences with Eastern holistic teachings.

Turn stress into calm by creating spontaneous intertwined lines and transforming them into beautiful patterns and shapes of self-expression. All supplies will be included.

Please register at <https://tinyurl.com/OclArtLBI> for this free workshop. For more information, stop by the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, call (609) 494-2480, or visit www.theoceancountylibrary.org/events.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [X](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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