



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

May 20, 2022

PRESS RELEASE

CONTACT: Tom Mongelli, 732-349-6200, ext. 5900

tmongelli@theoceancountylibrary.org

Discover Healthful Diabetes Management Methods At the Ocean County Library



Hackensack
Meridian *Health*

TOMS RIVER – If you live with diabetes, you can minimize its impact, control A1C levels and monitor blood sugar and stress levels. “Seniors: Take Control of Your Life” diabetes workshops will take place at four Ocean County Library branches, beginning June 15.

Hackensack Meridian Health and Meals on Wheels of Ocean County sponsor the free, live diabetes self-management programs in partnership with OCL. The series was developed by Stanford University for people age 60 and older.

Experienced, certified volunteers lead the two-hour weekly, six-week courses which aim to promote effective self-management behavior. Participants will receive a relaxation CD and a free book, *Living a Healthy Life with Chronic Conditions*.

The workshop schedule includes:

- **Jackson Branch** – 2 Jackson Drive, Wednesdays, 1 - 3 PM, June 15 - July 20
- **Toms River Branch** – 101 Washington Street, Fridays, 10 AM – 12 PM, July 8 - August 12
- **Brick Branch** – 301 Chambers Bridge Road, Mondays, 10 AM – 12 PM, September 12 - October 17
- **Upper Shores Branch** – 112 Jersey City Avenue, Lavallette, Tuesdays, 10 AM – 12 PM, September 20 – October 25

-more-

Registration is required for the free workshops. Attendance in each session will be held to 12 participants. Family members and caregivers are welcome. To register, call 732-860-2905.

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

###