



OCEAN COUNTY LIBRARY

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

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Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

February 13, 2015

PRESS RELEASE

What: 2 heart health programs

When & where:

2 pm Tue Feb. 24 @ Manchester

10 am Wed Mar 25 @ Brick

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2 OCL branches will discuss heart health

TOMS RIVER - Since a Presidential proclamation was first signed in 1964, February has been recognized as American Heart Month.

In recognition of the annual observance, two Ocean County Library branches have partnered with The Center for Healthy Aging at Monmouth Medical Center, Southern Campus to discuss heart disease prevention strategies and treatments.

Community Outreach Pharmacist Barbara Greenberg Schwartz will discuss the top five heart medication classes and their functions. She will also answer questions about the heart medications people in the audience take.

Heart healthy snacks will be provided. Participants are encouraged to wear red to the events.

The events will be held:

2 p.m. Tuesday Feb. 24 at Manchester, 21 Colonial Dr., 732-657-7600,

10 a.m. Wednesday March 25 at Brick, 301 Chambers Bridge Rd., 732-477-4513

The programs are free and open to the public but registration is required. To register telephone the branch or go to the library's website www.theoceancountylibrary.org, click on the "Events & News" icon, then click on "Calendar of Events."

42.2 million Americans ages 60 and above have one or more forms of cardiovascular disease.