



**OLD BRIDGE
PUBLIC
LIBRARY**



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HEALTH-RELATED PROGRAMS OFFERED AT OLD BRIDGE LIBRARY IN DECEMBER

Old Bridge, NJ – Nov. 29, 2016 – Programs on meditation, stress management and Alzheimer’s Disease will be presented at the Old Bridge Public Library in December.

Yoga teacher and coach Leah Chevalier will return to the Library to present ***Learn About Meditation*** on **Wed. Dec. 7th at 6:30pm**. During the session, Chevalier will instruct and guide participants in methods easily incorporated into daily routines. Chevalier has been involved in meditation practice for over 10 years and studied dance, anatomy, and kinesiology at Rutgers University. She later received formal training in Pilates and Ashtanga yoga.

On **Thurs. Dec. 8th at 7pm**, the Library will present ***Stress Management for Better Living***. This session will be hosted by Dr. Ken Freedman, founder of Freedman Chiropractic Center, LLC in East Brunswick. The program will discuss the three general types of stress and provide tips on how people can safeguard themselves to function better in today’s highly stressful world. For over 35 years, Dr. Freedman has provided guidance to children and adults on how to improve the body’s ability to self-heal and optimize quality of life.

The ***Truth About Alzheimer’s Disease*** will be presented on **Wed. Dec. 21st at 6pm**. This informative workshop will provide education about Alzheimer’s disease and dementia, including signs and symptoms, the importance of early detection, and how to obtain a diagnosis and plan for the future. It will be presented by the Alzheimer’s Association Greater New Jersey Chapter. Registration is required by calling 1-800-272-3900 or emailing Sharon.Jarnette@alz.org.

The Old Bridge Public Library was recently voted one of the three Best Public Libraries in Middlesex County by the readers of the *Home News Tribune*. The Library is open seven-days-a-week and is located at 1 Old Bridge Plaza at the corner of Rt. 516 and Cottrell Road in the Municipal Center. More information about this and other Library programs can be found at www.oldbridgelibrary.org or by calling 732-721-5600 x5033. The satellite Laurence Harbor branch is located at 277 Shoreland Circle; phone: 732-566-2227.

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