



OCEAN COUNTY LIBRARY

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

PRESS RELEASE

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Master Challenges of Aging During Ocean County Library Virtual Program

Image Included

TOMS RIVER – Learn about aging-related physical, cognitive and mental health changes, and effective ways to manage them, during an Ocean County Library virtual program at 12 PM Tuesday, October 5.

“Older Adults – Health and Aging-Related Concerns” will be presented in partnership with the Alzheimer’s Association Greater New Jersey Chapter.

The program will provide valuable information about physical, mental and emotional effects of aging, and will offer methods for coping, for tending chronic conditions and for preventing injuries.

Maureen Mulligan, RN, MSN, a Clinical Education Specialist at St. Joseph’s University Medical Center in Paterson, will lead the discussion.

A registered nurse for 28 years, Ms. Mulligan coordinates the St. Joseph’s Nurses Improving Care for Healthsystem Elders (NICHE) program, she has spoken extensively, has been referenced in numerous journals, and has published related documents.

Registration at www.theoceancountylibrary.org/events is required for this free program. Each registrant will receive a link for the program by email.

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

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Maureen Mulligan, RN, MSN

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