



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

January 11, 2024

PRESS RELEASE

CONTACT: Tom Mongelli, 732-349-6200, ext. 5900
tmongelli@theoceancountylibrary.org

Learn the ABCs of CPR at the Ocean County Library Toms River Branch



TOMS RIVER – When a health crisis occurs, some simple procedures can help to avert a tragedy. Adults can learn cardiopulmonary resuscitation (CPR) basics from a professional at the Ocean County Library Toms River Branch, 6:30 PM Tuesday, February 13.

Cherie Garrison Horhay, owner of Brick Township's [Hands-On CPR](#), will lead the Friends and Family CPR instruction. *It is not a CPR certification class*, but it is a user-friendly, video-centered presentation for adults that follows guidelines of the American Heart Association.

Cherie will guide participants through hands-on CPR, and she'll also illustrate steps to relieve choking for adult, child, and infant victims. Hands-on practice is encouraged but not required. Attendees will receive instructional booklets and participation cards.

A CPR trainer for more than 25 years, Cherie notes on her [web page](#) that she has taught "a wide variety of groups, from dentists and physicians to concerned parents and babysitters."

Please register at <https://bit.ly/OclTrCpr> for this free program. For more information, stop by the OCL Toms River Branch, 101 Washington Street, call (732) 349-6200 or visit www.theoceancountylibrary.org/events.

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

###