



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Become Food-Smart and Nutrition-Wise at the Ocean County Library Lacey Branch



LACEY TOWNSHIP – Healthful diets are as valuable for adults and seniors as they are for growing youngsters. In honor of Nutrition Awareness Month, learn how nourishing food choices can be part of your daily diet during a program at the Ocean County Library Lacey Branch, 2 PM Tuesday, March 19.

In this enlightening program for adults and seniors, “Nutrition: Making Healthy Choices,” Registered Dietitian Nutritionists Meg McCarthy-Klein and Matthew Holland of the Ocean County Health Department will outline key features of foods that contribute to good health, and describe ways to incorporate them into your dietary regimen.

Please register at <https://bit.ly/OclLaceyHealthyfood> to attend this free program. For more information, stop by the OCL Lacey Branch, 10 East Lacey Road, Forked River, call (609) 693-8566, 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](#).

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