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FOR IMMEDIATE RELEASE
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**MONMOUTH COUNTY PARK SYSTEM OFFERS FREE WORKSHOP
*CARING ABOUT CAREGIVERS***

LINCROFT— Are you involved in the arranging, providing or monitoring care for a disabled, chronically ill, or elderly family member or friend? Then join the Monmouth County Park System for the free workshop *Caring About Caregivers*. Held from 10-11:30 a.m. on Thursday, March 19 at the Thompson Park Visitor Center, Newman Springs Road, Lincroft, this workshop focuses on helping caregivers. Colleen Smith, LSW, Caregiver Specialist from the Monmouth County Office on Aging, will lead a conversation about the importance of self-care and discuss available resources. This workshop is free but pre-registration is a must. For more information or to register, please visit www.monmouthcountyparks.com or call 732-842-4000. For persons with hearing impairment, the TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks and Recreation agency.

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