



MIDDLETOWN TOWNSHIP PUBLIC LIBRARY

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~FOR IMMEDIATE RELEASE~

**“Reducing Anxiety for Teens” Wellness Program at Middletown Township Public Library
on May 25, 2022**

MIDDLETOWN, NJ – Middletown Township Public Library (MTPL) will host “Reducing Anxiety for Teens” on May 25th in the community room.

May is Mental Health Awareness Month and MTPL is hosting Megan Callus, a Z-Health Applied Neuroanatomy Specialist from Reactive - Neuro-Physical Advancement Center for a mental wellness program geared toward helping teens combat and reduce anxiety through breathing techniques.

All tweens and teens between grades 5-12 are welcome to join this in-person wellness program in MTPL's community room at 7:00 pm on May 25th. Registration is required for this program. To register or read more, please visit the library's calendar page at mtpl.org.

For more information or to register for a program, please visit calendar page at mtpl.org. Contact Jenna O'Donnell at jodonnell@mplmain.mtpl.org for additional information. Middletown Township Public Library is located at 55 New Monmouth Road in Middletown, NJ.

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