

# PRESS RELEASE

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## WOMEN CAN FIND “PATHWAYS TO A HEALTHY MIND AND BODY” AT OCC

TOMS RIVER – The Ocean County College Women’s Network and Women Helping Women are commemorating Women’s Health Month with “**Pathways to a Healthy Mind and Body**,” a duo of presentations scheduled for **Thursday, October 29**, in the Solar Lounge, College Center, OCC Main Campus, College Drive, Toms River, NJ.

The presentations are free and open to the public. Refreshments will be served.

Presentation 1: **Going Green ... Saving Green** from 11:00 a.m. to 12:15 p.m. **Ellen Catalano**, Soroptimist International Environmental Specialist, and **Mary Oliver**, Soroptimist International and Shaklee Director, will discuss money-saving strategies for a greener, healthier life.

Presentation 2: **Dottie’s House** from 2:00 to 3:15 p.m. **Carol Wolfe**, President of Dottie’s House, will speak about domestic violence awareness and the non-profit organization Dottie’s House, a home for women affected by domestic abuse.

For more information, contact Dr. Mary Ellen Carr, OCC Professor of English and Literature, at [mcarr@ocean.edu](mailto:mcarr@ocean.edu), or Jennifer Dellner, OCC Associate Professor of English and Literature, at [jdellner@ocean.edu](mailto:jdellner@ocean.edu).