

FOR IMMEDIATE RELEASE:

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Counsel for Caregivers Seminar

West Oaks Branch

Tuesday, February 14, 10:30 a.m.

Orlando Public Library, Albertson Room

Thursday, February 16, 12:10 p.m.

Let us lend you a helping hand of healing with your care-giving responsibilities at the Counsel for Caregivers Seminar. *At the West Oaks Branch, Dr. Philip Retlis from Sleep & Wellness of Florida presents **Sleep Problems and solutions.** At the Orlando Public Library, Kathleen Flammia, PA, Flammia Law & David Blount, Investment & Insurance Planning Service presents **Caregiving: Getting Organized and Asking for Help.*** Presented by OCLS and Orange County's Commission on Aging. Registration required, email officeonaging@ocfl.net or call 407.836.7446 to register. Refreshments will be provided to the first 50 attendees at both events.

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