

FOR IMMEDIATE RELEASE:

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Adult Summer Reading | ocls.info/asr

Registration is required for some events. Register online at ocls.info or call 407.835.7323.

Healthy-Fit Triviathon

Orlando Public Library, Albertson Room Wednesday, July 6, 6:30 p.m.

Sample tasty nutritional and exercise nuggets to beef-up our know-how. We will have health-related trivia questions and nutrition fit facts sure to bring sweat to your brow and strengthen your mental muscle. Come prepared to make serious strides toward a healthier you.

This Is Your Brain ... On Laughter!

Windermere Branch

Thursday, July 7, 6:30 p.m.

Alafaya Branch

Monday, July 25, 6:30 p.m.

What do belly laughs have to do with your brain? More than you think! Join Laughter Yoga Orlando's Pat Conklin for a playful hour of fun that will open your mind to the mental health benefits of laughter. Learn more at LaughterYogaOrlando.com.

The Water Tasting Challenge

Orlando Public Library, Albertson Room Friday, July 8, 2 p.m.

The human body is made up of at least 60 percent water, making it an essential ingredient for everyday life. Join library staff to discuss the many treatment processes that water goes through and enjoy an interactive water tasting challenge to see if you can taste the brand!

Jigsaw Jamboree

Herndon Branch

Monday, July 11, 6:30 p.m.

Orlando Public Library, Palm Room

Saturday, July 23, 3 p.m.

Ready, set, go! In teams of two, race against the clock to finish a 750-piece jigsaw puzzle. Winners will have their completed project displayed in the library for all to see! Ages 18 and up.

What's All the Hoopla About!

Orlando Public Library, Library Central

Tuesday, July 12, 6:30 p.m.

Exercise your mind and your body. Join us for a demonstration from Hoop Fit Orlando. Pick up some tips on using a hula hoop to get fit or just have fun. Attendees are encouraged to wear comfortable clothing should you like to volunteer to try the hoop!

Simple Steps to Better Nutrition

Eatonville Branch

Saturday, July 16, 2 p.m.

Learn simple and easy-to-follow strategies for making better food choices for a healthier lifestyle. Kim McLeod Lett, registered dietitian and nutritionist, will present how choosing one strategy to implement can lead you to better health. Hear how weight loss can be an added benefit. For more information, please visit kimlettnutrition.com.

is ideal for persons who may be concerned about symptoms in themselves as well as for family members who may be concerned about a loved one.