

**FOR IMMEDIATE RELEASE:**

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**Next Chapter** | [ocls.info/nextchapter](http://ocls.info/nextchapter)

**Chair Fitness Fun**

Eatonville Branch

Friday, July 8, 10:30 a.m.,

Orlando Public Library, Albertson Room

Friday, July 15, 10:30 a.m.

Chickasaw Branch

Friday, July 22, 10:30 a.m.

West Oaks Branch

Friday, July 29, 10:30 a.m.

Enjoy slower movements with a good balance of sitting, standing and resting, designed for seniors, those with limited mobility, or persons looking for a more personal group fitness experience.

Attendees are encouraged to bring a bottle of water and wear comfortable clothes and shoes.

Presented by Fit to Dance 2.

**Tackling Clutter and Hoarding at Home**

Orlando Public Library, Albertson Room

Thursday, July 21, 12:10 p.m.

Learn the difference between clutter and hoarding, why it occurs and how to create a resolution that works for you! This seminar is part of the LIFE Information for Elders series presented by the OCLS and Orange County's Commission on Aging. Call 407.836.7446 or email [officeonaging@ocfl.net](mailto:officeonaging@ocfl.net) to register. A small lunch is provided to the first 50 people to register.

**Kidney Smart**

North Orange Branch

Monday, July 18, 10:30 a.m. – 12:30 p.m.

Certified educators with Kidney Smart will teach you how your kidneys function, how medications, diet and nutrition work together to help keep you healthy, and how to manage other related conditions, including diabetes and hypertension.

**Your Life, Your Legacy**

Washington Park Branch

Wednesday, July 20, 11 a.m.

Dignity Memorial representatives share the advantages of pre-planning final arrangements by purchasing cemetery and funeral services in advance. Learn about the financial and emotional benefits this can have for you and your loved ones. Plan ahead for all the right reasons.