

**FOR IMMEDIATE RELEASE:**

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## **Adult Summer Reading**

**[ocls.info/asr](http://ocls.info/asr)**

### **American Heart Association CPR/AED Course**

Orlando Public Library, Albertson Room                      Saturday, June 4, 2 p.m.

Become CPR certified with this four-hour course that teaches American Heart Association CPR/AED for adults, children and infants. The certificate you receive is valid for two years. Hosted by Take Heart Orlando. Space is limited. Registration required. Cost to take the course is \$20/person and must be paid at the start of class. Cash or check accepted. Checks can be made to Strengthen Orlando. To register, call 407.246.4277 or e-mail **[handsonlycpr@cityoforlando.net](mailto:handsonlycpr@cityoforlando.net)**.

### **Choosing Whole Grains**

South Creek Branch    Thursday June 9, 11 a.m.

Learn the importance of eating whole grains. We will discuss the health benefits of including whole grain and whole wheat in your diet. This class will teach you to identify whether or not a product is whole grain by learning to read labels. Registration required.

### **Art 101: Stained Glass**

Winter Garden Branch    Thursday, June 9, 6:30 p.m.

Learn about the creation and history of stained glass. This art form uses colored glass to create designs that interact with light and nature. Create your own version of stained glass using static clings. Registration recommended.

### **Soap Making D.I.Y.**

Edgewater Branch    Thursdays, June 9 and 23, 6:30 p.m.

Creating your own soap has never been easier! Create and decorate your own soap using the melt and pour soap technique. Join us for the second part on June 23 and decorate your soaps.

### **Chair Fitness Fun**

Orlando Public Library, Albertson Room                      Friday, June 10, 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. Participants are encouraged to bring a bottle of water and wear comfortable clothes and shoes. Presented by Fit to Dance 2.

### **Adult Summer Reading Kickoff**

Orlando Public Library, Albertson Room                      Saturday, June 11, 2 p.m.

Start your summer full of fun "Exercising Your Mind" at the library! Relax and unwind while you help color the Downtown Orlando skyline. All supplies will be provided, but feel free to bring your favorite colored pencils or markers. Ages 18 and up.



In this interactive workshop, you will learn to write a powerful vision for your life and discover the tools you need to turn that vision into reality so you can stop living by default and start living by design. Presented by professional life and career coach Marie M. Loeffler.

### **Exercise Your Words!**

Orlando Public Library, Albertson Room                      Tuesday, June 28, 6:30 p.m.

Got words? Bring your imagination and join this event for some word creation using the "Word of the Day." Make a funny sentence or try your hand at writing a short story or a poem.

### **Cuisine Corner Express: Thirty Minute Meal**

Orlando Public Library, Cypress Room                      Wednesday, June 29, 6:15 p.m.

Join us every month for a Cuisine Corner Express recipe. Library staff will show you how to escape the dinnertime rut with Coconut Curry Shrimp. Registration required.

### **Laughter Lab Laughter Yoga**

Herndon Branch    Thursday, June 30, 6:30 p.m.

Participants will learn how to ignite endorphins and receive the positive physical and emotional wellness benefits of laughter. This fun routine gently exercises and relaxes muscles, stimulates circulation, reduces stress, strengthens the immune system, boosts oxygen levels and elevates both mood and self esteem.

### **A Knack for Knitting**

Winter Garden Branch    Thursday, June 30, 6:30 p.m.

Whether you are a seasoned knitter, just getting started or wanting to learn, join us for an hour of knitting fun. Bring something you are working on, something you are stuck on, or needles and yarn to begin to learn the relaxing art of knitting. Ages 18 and up.

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