

## Next Chapter

[ocls.info/nextchapter](http://ocls.info/nextchapter)

### **Fighting Healthcare Fraud with Senior Medicare Patrol**

Hiawassee Branch

*Monday, October 9, 11 a.m.*

Edgewater Branch

*Tuesday, October 17, 11 a.m.*

Washington Park Branch

*Thursday, October 19, 11 a.m.*

Every year \$60 billion are lost to Medicare fraud, waste and abuse. Join representatives from eQHealth Solutions as they share simple tips to stop fraud and keep this money available for real healthcare costs. Learn to prevent, detect and report possible Medicare fraud with Senior Medicare Patrol.

### **Sailing into Your Senior Years**

Edgewater Branch

*Wednesday, October 11, 11 a.m.*

Elder law attorney Geoff Hoatson will teach you how to make your golden years a delightfully smooth cruise! Set a course for preservation – you'll learn how to protect yourself and everything you hold dear from guardianship, probate and long-term care facilities. To learn more about the Family First Firm, visit [familyfirstfirm.com](http://familyfirstfirm.com).

### **Introduction to Pilates for Adults**

North Orange Branch

*Thursdays, October 12 & 26, 2 p.m.*

Learn simple moves that will work your muscles, help alignment and encourage flexibility. Comfortable exercise or loose-fitting clothing required, yoga mats encouraged. Registration recommended. Register online at [ocls.info/nextchapter](http://ocls.info/nextchapter) or call 407.835.7323. You are welcome to attend multiple classes.

### **Simple Exercises to Maintain Strength and Flexibility**

Orlando Public Library, Albertson Room

*Thursday, October 19, 12:10 p.m.*

This hands-on class will teach you the best exercise options for maintaining strength and flexibility. You'll also learn why staying active is so important later in life. This seminar is part of the LIFE Information for Elders series presented by the 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 RSVP.