

Next Chapter

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Kidney Smart

North Orange Branch

Monday, September 12, 10:30 a.m.-12:30 p.m.

1 in 10 U.S. adults has kidney disease. If you have it, you're not alone. 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.

Self Defense for Seniors

Orlando Public Library, Albertson Room

Thursday, September 15, 12:10 p.m.

This 'hands-on' seminar will show you simple defense strategies that can prevent attacks before they happen – and, how you can protect yourself if you are approached. 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** to register. A small lunch is provided to the first 50 people to RSVP.

Your Life, Your Legacy

Edgewater Branch

Tuesday, September 20, 11 a.m.

Dignity Memorial representatives share the advantages of preplanning 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.

Chair Yoga and Fitness

Southwest Branch

Saturday, September 24, 1:30 p.m.

Experience a gentle form of yoga using a chair for sitting or standing. Designed for seniors, those with limited mobility or persons new to yoga looking for a slower-paced experience. Participants are encouraged to bring a bottle of water and wear comfortable clothes and shoes.