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What You Should Know About Aging in Place

Southwest Branch

Wednesday, October 12, 10 a.m.-Noon

Do you desire to live in your own house and community as you grow older? In this informative seminar, you will learn five factors to consider when your goal is to age in place. This seminar is part of the Smarter Senior Seminar Series sponsored by Mike Flahaven, SRP, EPRO and Certified Senior Housing Professional/Keller Williams Realty. Light refreshments will be served. Registration required. For more information, call 407.340.5291 or visit yourfloridahaven.com.

Easy Strategies For Healthy Aging

Orlando Public Library, Albertson Room

Thursday, October 20, 12:10 p.m.

Gain tips on creating a proactive approach to healthy aging and managing stress from a geriatric care nurse with decades of experience. Learn what your doctors wish they could tell you! 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.