

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

Introduction to Essential Oils

Windermere Branch

Tuesday, May 5, 6:15 p.m.

Orlando Public Library, Albertson Room

Monday, May 18, 6:15 p.m.

In this hands-on class, experience a variety of essential oils with Stephanie Jorian, vegan lifestyle coach and natural solutions consultant. She will share the basics of essential oils and touch on the choosing the right essential oils, frequently used oils and the uses and benefits of essential oils beyond aromatherapy.

Seniors vs. Crime

Edgewater Branch

Tuesday, May 12, 11 a.m.

North Orange Branch

Tuesday, May 19, 11 a.m.

Seniors vs. Crime is a special project of the Florida Attorney General run by volunteers to assist individuals who have been scammed or victimized. Learn about the types of cases they handle including civil crime situations. Stop by for information that will help keep you aware and receive assistance if you have encountered a scam.

The Healing Power of Essential Oils

South Creek Branch

Tuesday, May 12, 6:30 p.m.

Essential oils can have a healing effect mentally, physically and emotionally. In this interactive class, you will learn how to incorporate therapeutic-grade essential oils to support your body and assist in the healing process. Learn how to make a tea and face mask using oils. For more information, visit **swaasta.com**.

Counsel for Caregivers

West Oaks Branch

Tuesday, May 12, 10:30 a.m.

Orlando Public Library, Albertson Room

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

Let us lend you a helping hand of healing with your caregiving responsibilities at the Counsel for Caregivers Seminar. This series is presented by OCLS and Orange County's Commission on Aging. Registration required. Call 407.836.7446 to register or e-mail **officeonaging@ocfl.net**. Refreshments will be provided to the first 50 attendees.

Digestive Wellness 101

Alafaya Branch

Tuesday, May 12, 11 a.m.

Healthy digestion is essential for good health. Learn the basics of digestion, explore why good digestion is important to physical and mental health, and discover simple strategies to improve your digestion. For more information, visit **crabtreehealthyliving.com**

Memory Testing

Herndon Branch

Thursday, May 14, 10:30 a.m. – 1:30 p.m.

Early identification of memory issues is a key element of receiving the appropriate care. Lisa Eade, of Compass Research, is a Master's-level clinician trained in the initial assessments related to memory and recall. She will be administering free memory tests and will be available to anyone seeking information for themselves or someone they love. Testing is by appointment only. Please call 315.263.3997 to schedule an appointment.

Identity Theft Targeted to Seniors

Winter Garden Branch

Thursday, May 14, 11a.m.

Identity theft is one of the fastest growing crimes against our senior population. The Orange County Sheriff's Office Senior Crime Prevention Unit will be sharing red flags, ways your identity is used, the number one identity theft in the U.S. and what steps you need to take to regain your personal identity.

Gaining Financial Control of Your Divorce

Alafaya Branch

Thursday, May 14, 2 p.m. and 6:30 p.m.

Avoid some common financial mistakes made during the divorce process. Learn about the sources of money that may be available to you as a result of your divorce. Each attendee will receive a copy of the Institute for Divorce Financial Analyst's *Divorce Survival Guide*. For more information, visit **OrlandoAdvisors.com**.

Social Security Disability Seminar

Herndon Branch

Monday, May 18, 2 p.m.

Eatonville Branch

Tuesday, May 26, 2 p.m.

This informative seminar will provide you with details on eligibility requirements, successful medical examinations and how employment affects your status. It will also cover the hearing process for adults and children, commonly asked questions and providing documentation pertaining to your case.

Fraud and Scams Targeted to Seniors

West Oaks Branch

Tuesday, May 19, 11 a.m.

The Orange County Sheriff's Office Senior Crime Prevention Unit will share what are the most prevalent frauds and scams, and what you can do to prevent victimization.

Route 65: Cruising the Road to Medicare

Eatonville Branch

Thursday, May 21, 5 p.m.

If you are a baby boomer with an eye for retirement, representatives from SHINE may have directions for a smooth ride! Get answers to your questions and an overview of the options and benefits available to the soon-to-be-retired. Register online at **ocls.info** or call 407.835.7323

Personal Safety for Seniors

South Creek Branch

Friday, May 22, 11a.m.

Our large elder population needs in-depth education on personal safety. The Orange County Sheriff's Office Senior Crime Prevention Unit uses education to help protect seniors from becoming victims of crime.

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