

FOR IMMEDIATE RELEASE:

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General Programs

Up, Up and Away...with the Amazing Power of Laughter!

South Creek Branch Tuesday, July 7, 6:15 p.m.

Windermere Branch Thursday, July 16, 6:15 p.m.

Southwest Branch Tuesday, July 28, 6:15 p.m.

Ever wish you had the energy of a superhero? Join Laughter Yoga Orlando's Pat Conklin in an interactive adventure that will recharge your body's innate superpowers using Laughter Yoga—a blend of easy, playful laughter exercises and yoga-style breathing. Learn more at

LaughterYogaOrlando.com.

Learn the FUNdamentals of Improv

Orlando Public Library, Library Central Wednesdays, beginning July 8, 6 p.m.

Whether you are new to Improv or have some previous performance experience, this eight-week class is about having fun while learning some of the essential skills of Improv. Ages 15 and older. Please register online at **ocls.info** or call 407.835.7323.

Understanding Health Insurance: From Coverage to Care

South Trail Branch Wednesday, July 8, 6 p.m.

West Oaks Branch Thursday, July 16, 6:30 p.m.

South Creek Branch Tuesday, July 21, 6:30 p.m.

Herndon Branch Wednesday, July 22, 6:30 p.m.

Alafaya Branch Wednesday, July 29, 6:30 p.m.

Certified Navigators will help individuals and families understand their benefits, connect with the services that are covered by their insurance and understand their financial responsibilities. Come to the session with questions.

Branching Out to Find Your Roots: Church and Cemetery Records

West Oaks Branch Wednesday, July 8, 6:30 p.m.

Church and cemetery records are a strong source of information for births, marriages and deaths especially in the period before the civil registration of vital statistics. Discover what type of information is contained in these records, how to access them and how they can help enhance your family history research.

Efficient Irrigation Workshop

West Oaks Branch Thursday, July 9, 6 p.m.

Alafaya Branch Monday, July 27, 6 p.m.

Learn the efficient design of an in-ground irrigation system, how to set an irrigation controller and check sprinkler heads, and how to make minor adjustments and repairs to an irrigation system. Sign

up at [EfficientIrrigation.eventbrite.com](https://www.efficientirrigation.eventbrite.com) or call the Orange County Utilities Water Division at 407.254.9850.

Gaining Financial Control of Your Divorce

Alafaya Branch

Tuesday, July 7, 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](https://www.OrlandoAdvisors.com).

Second Saturday: What Comes from Wakanda?

Orlando Public Library, Albertson Room

Saturday, July 11, 11 a.m.

In comics, Wakanda is the home of the Black Panther but it is also something else. When Stan Lee and Jack Kirby created the Marvel superheroes they created characters who touched on modern concerns about law and justice. Julian Chambliss, author of *Ages of Heroes, Eras of Men*, will discuss what shaped these stories.

Money Talks for Women

Orlando Public Library, Melrose Center

Tuesday, July 14, 6 p.m.

Learn about library services for spending, saving and more. Women of all ages and financial backgrounds are encouraged to join the conversation!

Service Heroes

North Orange Branch

Tuesday, July 14, 6 p.m.

West Oaks Branch

Thursday, July 30, 6 p.m.

Humane Educator with Pet Alliance of Greater Orlando Cathy Houde will talk about service animals and their important jobs. Stop by to meet a service hero from Canine Companions for Independence.

Science Café: Animals and the Central Florida Fair

Orlando Public Library, Library Central

Tuesday, July 14, 6:30 p.m.

Join local Future Farmers of America and 4-H members as they demonstrate what it takes to raise and show animals for the Central Florida Fair. Meet and greet animals after the program. Grades 4 and up.

Who Do You Think You Are?

West Oaks Branch

Thursdays, July 16, 23 and 30, 2:30 p.m.

Journey through time with the popular television show *Who Do You Think You Are?* Join us for this three-part series to witness stars tracing their roots, and then stay for a family history discussion.

JFS Orlando: Offering a Helping Hand

Eatonville Branch

Thursday, July 16, 6 p.m.

JFS Orlando will share an overview of resources including case management, individual financial counseling, employability skills training and food pantry assistance. They provide vital social services to Central Florida individuals and families in need. For more information, visit [jfsorlando.org](https://www.jfsorlando.org).

Paranormal Investigations: Breaking the Myths

Hiawasse Branch

Thursday, July 16, 6:30 p.m.

Southeast Branch

Monday, July 20, 6:30 p.m.

Journey into the unknown with the Beyond Investigators team for a closer look at the myths

surrounding the paranormal. Take a hands-on tour of the equipment used in the field. For more information, please visit thebeyondinvestigators.com.

Third Saturday Seminar: Five Money Questions for Women

Southeast Branch

Saturday, July 18, 2 p.m.

Doug Coad from Edward Jones will discuss the unique financial circumstances that women face. During this session, he will explore five critical money questions for women.

Riddle Me This: Superhero Trivia

Orlando Public Library, Albertson Room

Sunday, July 19, 4 p.m.

From Superman to Scarlet Witch, how well do you know your favorite superheroes? Bring a team of four or assemble with other lone avengers, and join us for a battle unlike any other as we pit team against team to crown one group Comic Champions.

Poetry and Fiction Reading with Cecilia Rodríguez Milanés

Chickasaw Branch

Monday, July 20, 7 p.m.

Cecilia Rodríguez Milanés will present a reading of fiction and poetry including new and selected works from her most recently published book *Oye What I'm Gonna Tell You*. She is a writer of fiction and poetry who teaches at the University of Central Florida. Her work reflects on the lives of Latinos in the U.S. including themes such as immigration, assimilation, race and gender issues.

What's Good for Your Heart Is Good for Your Head

Winter Garden Branch

Tuesday, July 21, 11 a.m.

Join us for a short presentation on the connection between the heart and the head where you will learn how having a healthy heart can prevent or delay the onset of neurological issues especially Alzheimer's. Presented by Robert E. Cohen, PsyD, ABPP, Director of Neuropsychology, Compass Research, LLC.

Branching Out to Find Your Roots: Marching Through Military Records

West Oaks Branch

Wednesday, July 22, 6:30 p.m.

Military records have been created throughout our history regardless of whether or not there was a war. Learn how these records can help you to uncover information on your ancestors and provide evidence into family relationships.

Essential Oils For Animals

Windermere Branch

Thursday, July 23, 6:30 p.m.

Edgewater Branch

Monday, July 27, 6:30 p.m.

Natural Solutions Consultant Stephanie Jorian discusses the benefits of using essential oils to improve the physical and emotional well-being of our animal companions. Please note pets are not permitted to attend.

Ballroom Dancing

Edgewater Branch

Saturday, July 25, 1 p.m.

Learn basic dancing skills with a free dance lesson that includes a lecture and demonstration.

Attendees have the option to take part in the ballroom dancing demonstration. Presented by

TwoLeftFeetDanceLessons.com with Diana Jo Rossano, Arthur Murray-trained dance instructor.

Registration recommended. Call 407.835.7323 to register.

