

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

LIFE Information for Elders

West Oaks Branch

Tuesday, October 13, 10:30 a.m.

Orlando Public Library, Albertson Room

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

Let us lend you a helping hand in aging well. 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.

Blood Pressure Screenings and Flu Shots with Walgreens

Alafaya Branch

Wednesday, October 14, 10:30 a.m.

Walgreens will provide free blood pressure screening and flu shots to adults (18 years and over).

The Conversation Project

North Orange Branch

Thursday, October 15, 6 p.m.

The Conversation Project in Central Florida presents an interactive workshop that will give you and your loved ones the tools to have important discussions about your last wishes. Learn about the three-step "Get Ready, Get Set and Go" plan to help you make sure that your wishes are expressed and respected.

Tai Chi 101

Southeast Branch

Thursday, October 15, 6:30 p.m.

Herndon Branch

Monday, October 19, 6:30 p.m.

South Trail Branch

Tuesday, October 27, 6:30 p.m.

Tai Chi Chuan is an internal martial art that places emphasis on breathing. Its movements consist of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo. Learn the basics of this ancient technique. Attendees are encouraged to dress in loose, comfortable clothing.

Hearing Screening

Alafaya Branch

Friday, October 16, 2 p.m. to 4 p.m.

Connect Hearing helps people stay connected by offering premium, complimentary testing, servicing and after-care rehabilitation. For more information, visit **ConnectHearing.com** or call 407.351.9679.

Social Security Disability Seminar

Edgewater Branch

Thursday, October 22, 2 p.m.

This informative seminar will provide you with details on eligibility requirements, a successful medical examination as well as how employment affects your current status. This seminar will also cover the hearing process for adults and children, commonly asked questions and necessary documentation.

Preventing Falls and Maintaining Independence with F.I.T.

Southwest Branch

Wednesday, October 28, 10:30 a.m.

Falls are dangerous but most falls are preventable. Learn how with *F.I.T.-FUNctional Independence Training* Founders Anne Maley and Nancy Gavaghan. Discover how strength, flexibility and balance are key to safe mobility. Also learn how vision, hearing and medication management are core ingredients for your independence.

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