

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

The Conversation Project

Edgewater Branch

Tuesday, December 1, 6:30 p.m.

Washington Park Branch

Wednesday, December 9, 11 a.m.

Orlando Public Library, Albertson Room

Thursday, December 10, 12:10 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 make sure that your wishes are expressed and respected.

Estate Planning

Chickasaw Branch

Thursday, December 3, 6:30 p.m.

Southeast Branch

Monday, December 7, 6 p.m.

No matter what your age or net worth, you need an estate plan to protect yourself, your loved ones and your assets during your lifetime as well as after your death. Learn about important estate planning documents and 10 things everyone should know about beneficiary designations. Presented by Sherlyn Keegan of Keegan Wealth Management & Retirement Strategies, LLC.

LIFE Information for Elders

West Oaks Branch

Tuesday, December 8, 10:30 a.m.

Orlando Public Library, Albertson Room

Thursday, December 17, 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.

Memory Testing

Eatonville Branch

Tuesday, December 8, 10:30 a.m. – 1:30 p.m.

Compass Research representatives will administer memory tests free of charge to anyone seeking information for themselves or someone they love. In addition to the test, information regarding current research and care options will be provided. Testing is by appointment only. Please call Liz Gorman at 407.210.1160 to make an appointment.

Stress Busting with Tai Chi

South Trail Branch

Tuesday, December 15, 6:30 p.m.

Herndon Branch

Tuesday, December 22, 6:30 p.m.

Southeast Branch

Tuesday, December 29, 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

West Oaks Branch

Friday, December 11, 2 p.m.

Hearing loss is gradual but can be treated with amplification from hearing aids. 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.

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