

**FOR IMMEDIATE RELEASE:**

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## **Healthy Living**

### **Tai Chi for Relaxation**

Orlando Public Library, Albertson Room

Tuesday, January 5, 6:30 p.m.

Chickasaw Branch

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

Herndon Branch

Tuesday, January 19, 6:30 p.m.

South Trail Branch

Tuesday, January 26, 6:30 p.m.

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

### **Detox & Renew with Essential Oils**

North Orange Branch

Saturday, January 9, 1 p.m.

We will discuss the importance of cleansing and detoxifying our bodies for optimum health and vitality. This event will help identify 10 areas to cleanse as well as potential problem areas. Get a systematic plan for feeling and living better! Handouts will be provided to those who register in advance.

### **Kidney Smart**

North Orange Branch

Tuesday, January 12, 10:30 a.m. – 12:30 p.m.

Kidney disease will affect 1 in 10 U.S. adults. Certified Educators with Kidney Smart will teach you how your kidneys function as well as how medications, diet and nutrition work together to help keep you healthy. Get useful advice on how to manage other related conditions including diabetes and hypertension.

### **Stretching for Chronic Pain Management**

Edgewater Branch

Wednesday, January 13, 10:30 a.m.

North Orange Branch

Friday, January 29, 10:30 a.m.

Learn how to improve all types of pain by using more oxygen while stretching. Diana Jo Rossano, Ph.D. is a ballet and ballroom dance instructor with a degree in holistic nutrition. Registration recommended.

### **Cuisine Corner: Healthy Meal Planning**

Orlando Public Library, Cypress Room

Wednesday, January 13, 6:30 p.m.

Yamira Lee, author of the cooking blog *Breaking Bread with Mira*, will discuss healthy meal planning. She will present recipes for breakfast, lunch and dinner. Space is limited. Register online at [ocls.info](http://ocls.info) or please call 407.835.7323.

### **Essential Oils and Natural Health**

Alafaya Branch

Saturday, January 16, 11 a.m.

Many of the over-the-counter remedies in our homes can be replaced with essential oils for increased benefits. Learn about suggested substitutions and useful advice on how to make essential oils a part of daily living. Handouts will be provided. Registration required.

**Perfect Posture**

Orlando Public Library, Albertson Room                      Saturday, January 23, 11 a.m.

Join Body Survival 101 representatives for an interactive seminar on posture alignment. Learn how you can get that youthful bounce in your walk and discover a whole new way of defining your body.

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