

FOR IMMEDIATE RELEASE:

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Healthy Living

Kidney Smart

North Orange Branch Tuesday, March 8, 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.

Tai Chi for Relaxation

South Trail Branch Tuesday, March 8, 6:30 p.m.

Chickasaw Branch Tuesday, March 29, 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.

Food Label Lingo

Herndon Branch Wednesday, March 30, 6:30 p.m.

Do you ever wonder what the numbers on the Nutrition Facts panel on packaged foods mean? What about the items on the Ingredients List? What should you be looking for? Gain new insights about what's in the packaged foods you eat from registered Dietitian and Nutritionist Kim McLeod Lett.

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