

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

Medicare 101

West Oaks Branch

Tuesday, April 12, 10:30 a.m.

Gain an understanding of Medicare Parts A –D. Discover the differences between Medicare and Medicaid and what services are covered under each. Learn about state, local and national resources that can help in selecting the best options for your needs. This seminar is part of the LIFE Information for Elders series presented by the OCLS and Orange County's Commission on Aging. Call 407.836.7446 or e-mail **officeonaging@ocfl.net** to register.

Your Memory and Alzheimer's Disease

North Orange Branch

Tuesday, April 12, 11 a.m.

Herndon Branch

Thursday, April 21, 11 a.m.

Join Justin Yonker, JD, patient specialist of Compass Research, for a discussion on memory loss. Explore the causes, risk factors and groundbreaking research opportunities involving Alzheimer's.

Your Life, Your Legacy

Alafaya Branch

Tuesday, April 19, 11 a.m.

Dignity Memorial representatives share the advantages of pre-planning final arrangements. Learn about the financial and emotional benefits this can have for you and your loved ones. Plan ahead for all the right reasons.

Fun Mind Exercises – Do They Work?

Orlando Public Library, Albertson Room

Thursday, April 21, 12:10 p.m.

So much is happening in the field of memory and cognitive research. Learn the latest games, activities, and mental exercises that can help stimulate the brain. The benefits of mindful meditation will also be discussed. This seminar is part of the LIFE Information for Elders series presented by the OCLS and Orange County's Commission on Aging. Call 407.836.7446 or e-mail **officeonaging@ocfl.net** to register. A small lunch is provided to the first 50 people to RSVP.

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