

FOR IMMEDIATE RELEASE:

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Next Chapter

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Fun Mind Exercises – Do They Work?

West Oaks Branch

Tuesday, May 10, 10:30 a.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.

Tai Chi for Relaxation

Southeast Branch

Tuesday, May 10, 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. 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.

Kidney Smart

North Orange Branch

Monday, May 16, 10:30 a.m. – 12:30 p.m.

Data suggests one in 10 American adults has kidney disease. Certified educators with Kidney Smart will teach you how your kidneys function, how medications, diet, and nutrition work together to help keep you healthy, and how to manage other related conditions, including diabetes and hypertension.

Identity Theft – Learn the Latest Scams

Orlando Public Library, Albertson Room

Thursday, May 19, 12:10 p.m.

Learn the most common types of identity theft and scams and discover steps you can take to reduce your chances of becoming a victim. Local state and national resources 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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