



LIFE Information for Elders

A HELPING HAND FOR AGING WELL

Third Thursday Seminars

12:10 – 12:50 p.m.

Orlando Public Library

Albertson Room - 3rd Floor

101 E. Central Blvd., Orlando, FL 32801



Schedule for Jan. - Jun., 2017

- **Jan. 19** – Top 10 Tips for Aging Successfully
– Rosemary Laird, MD, Centre for Senior Health at Florida Hospital Winter Park
- **Feb. 16** – Living Alone: The Pros & Cons
– Abby Walters, AARP Florida, & Laura Lang, Orange County Sheriff's Office
- **Mar. 16** – Supporting the Emotional Needs of Caregivers
– Edith Gendron, Alzheimer's & Dementia Resource Center
- **Apr. 20** – How Technology Can Help Frail Elders Stay Safe in Their Homes
– A smorgasbord of providers
- **May 18** – Retired? Avoid Missteps in Asset Usage & Financial Estate Planning
– Crockett Bohannon, Raymond James Financial Service
- **Jun. 15** – Top 20 Senior Websites
– Mimi Reggentin, Orange County Office on Aging

FREE! Complimentary lunch is provided to the first 50 to register!

Email officeonaging@ocfl.net or call 407-836-7446.

For information about elder services, please contact the Elder Helpline by dialing 2-1-1.

For Orange County Government programs, please dial 3-1-1.



LUNCH SPONSORS



Any person requiring special accommodations to participate in a class or program due to a disability may arrange for accommodations by contacting the library location at least seven days prior to the event.