



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 July - Dec., 2017

- **July 20** – Ten Pieces of Technology Seniors Should Embrace
– *Delilah McKay, Volunteers for Community Impact*
- **Aug. 17** – Where to Travel? What to See?
– *A Plethora of ideas from from AAA and Life's A Trip*
- **Sept. 21** – Hospital Resources You Never Knew Existed
– *Jessica Stage, Orlando Health*
- **Oct. 19** – Simple Exercises to Maintain Strength and Flexibility
– *Anne Maley and Nancy Gavaghan, FUNctional Independence Training*
- **Nov. 16** – Caring for Your Aging Skin
– *Dr. Athena Theodosatos, Theo Medical Dermatology*
- **Dec. 21** – Community Resources for Elders
– *Orange County Elder Ambassadors*

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.