



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. - June, 2018

- **Jan. 18** – A Nutritional Approach to Bone Health
– Jana Griffin, University of Florida (IFAS) Extension in Orange County
- **Feb. 15** – A Snapshot of Free Learning Opportunities
– Mimi Reggentin, Orange County Office on Aging
- **March 15** – Emerging Dementia Research
– Ira J. Goodman, MD, Bioclinica Research
- **April 19** – Bridging the Family Communication Gap
– Edith Gendron, Alzheimer's and Dementia Resource Center
- **May 17** – Discovering Senior Discounts
– Abby Walters, AARP Florida
- **June 21** – Motion is Lotion, Rest is Rust
– Candice Mitchell, Stretch and Lift

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 call the Elder Helpline at 407-514-1800.

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 calling the library at 407-835-7372 at least seven days prior to the event.