



LIFE INFORMATION FOR ELDERS

BRANCHING OUT SERIES 2023 SCHEDULE

MARCH 29 @12PM **Conversations With Your Doctor**
 Chickasaw Branch
 870 N. Chickasaw Trl.
 Orlando, FL 32825
 Jessica Daly, Faculty Librarian and Assistant
 Professor with AdventHealth University

JUNE 28 @12PM **How to Live to 100: Habits of the World's Healthiest People**
 West Oaks Branch
 1821 E. Silver Star Rd.
 Ocoee, FL 34761
 Robin Rountree, with the Alzheimer's &
 Dementia Resource Center

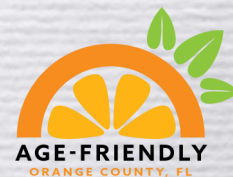
SEPTEMBER 27 @12PM **Heart Health & Hands Only CPR**
 Alafaya Branch
 12000 E. Colonial Dr.
 Orlando, FL 32826
 Michelle Blackwell, Project Manager with
 Center for Change

DECEMBER 20 @12PM **Orange County Sheriff's Office Senior Programs**
 South Trail Branch
 4600 S. Orange Blossom Trl.
 Orlando, FL 32839
 Elvie Armand with Orange County Sheriff's Office

FREE! Complimentary lunch is provided to the first 20 to register!

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

LUNCH SPONSORS



For information about elder services, please call the Elder Helpline at 407-514-1800.

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

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 407-835-7323 at least seven days prior to the event.