



LIFE INFORMATION FOR ELDERS

A HELPING HAND FOR AGING WELL



DOWNTOWN SERIES

THIRD THURSDAY SEMINARS

12:10 – 12:50 p.m.

Orlando Public Library

Albertson Room - 3rd Floor

101 E. Central Blvd., Orlando, FL 32801

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

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

SCHEDULE FOR JANUARY – JUNE 2023

- JANUARY 19** **Nutritional Factors to Help Prevent Alzheimer's**
with Edith Gendron, P.A.C. Certified Trainer and Consultant,
Chief of Operations with Alzheimer's and Dementia
Resource Center
- FEBRUARY 16** **Value-Based Approach to Healthcare**
with Dr. P. Fabian Garcia, M.D., Primary Care and General
Internal Medicine Physician at MedHealth Clinical
- MARCH 16** **Financial Concepts for Senior Living**
with Kevin Ploch , Financial Educator at HowMoneyWorks,
Wealthwave, LLC
- APRIL 20** **Dementia and Risk Factors**
with Sheila Baez-Torres, M.D., Neurologist Director of
Clinical Initiatives and Community Affairs
- MAY 18** **Meditation for Seniors and Caregivers**
with Shequila Roberts, Founder of Determine Now
- JUNE 15** **How to Protect Yourself from Fraud**
with Cornelius (Neil) Faulk, Consumer Protection Staff
Member with Orange County Government Florida

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.