

Press Release

For Immediate Release

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**Feeling Stretched Caring For An Older Adult?
Balance Your Life
Powerful Tools for Caregivers**

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program will help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six 90 minute sessions held once a week. Two experienced and Certified Class Leaders conduct the series. Interactive lessons, discussions and brainstorming will help you take the "tools:" you choose to put into action for your life.

You will also receive a book developed specifically for the class. Classes will be FREE, thanks to support from:

The University of Georgia Cooperative Extension
&
Southern Crescent Area Agency on Aging

Classes will be held at Poplar Creek (110 Old Airport Rd, LaGrange) from 6:30-8:00PM. Sessions are held every Tuesday and begin on September 9,2008. For more information or to register, contact Celeste Garrett @UGA Cooperative Extension at (706) 883-1675 or Amy Hawkins@ Southern Crescent AAA @ 706-407-0029, arhawkins@dhr.state.ga.us

Class size is limited and pre-registration is required.