

**FOR IMMEDIATE RELEASE:**

**September 1, 2010**

**CONTACT:**

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**The Adult Center for Enrichment Offers AARP's Powerful Tools for Caregiving.**

**Greensboro, N.C.** – Powerful Tools for Caregiving is an educational series designed to provide caregivers with practical tools to care for themselves.

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

Classes consist of six sessions held once a week. Two experienced class leaders conduct the series. Interactive lessons, discussions and brainstorming will help caregivers take the tools learned and implement them in daily life.

Caregivers will receive a book, "The Caregiver Helpbook" specifically developed for the class. There is no charge for this training and donations are accepted. Please let us know if you need care for your loved one.

Classes will be located at River Landing, 1575 John Knox Dr., NC 27235. Classes will meet from 10:00am-12:00pm. Sessions are held every Thursday for six weeks and begin on September 30<sup>th</sup>, 2010. Class size is limited and pre-registration is required.

The Adult Center for Enrichment is a non- profit, United Way agency that serves frail and impaired adults, their families and the community through specialized adult day services, respite care, education and support.

To register, please contact Deborah Valiton-Carnish at 274-3559 or [dcarnish@acecare.org](mailto:dcarnish@acecare.org). before **September 22nd**, space is limited.

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