

Press Release
January 8, 2010

For Immediate Release



The Council for Senior Citizens and Durham Cooperative Extension are offering AARP /Powerful Tools for Caregivers, a program designed to provide caregivers with the tools needed to decrease stress as they care for loved ones. The **six** week series will help caregivers learn to reduce stress, improve self-confidence, better communicate feelings, balance life, increase ability to make tough decisions, and locate helpful resources.

The six-week series will be held at the Durham Center for Senior Life at 406 Rigsbee Avenue on Tuesdays, January 26, 2010 through March 2, 2010 from Noon to 2 PM. A boxed lunch will be provided. **There is a \$15.00 fee and pre-registration is required by January 19, 2010.**

Durham Cooperative Extension will also offer an **evening** six-week series January 26, 2010 through March 2, 2010, 5:30-7:30pm. The location of this class is Cooperative Extension, 721 Foster Street. To register, contact Peggy Kernodle at 919-560-0523. Light refreshments will be provided. **There is a \$15.00 fee and pre registration is required by January 19, 2010.**

FOR ADDITIONAL INFORMATION:
Juanita Allen Nelson, Social Services Manager
Coordinating Council for Senior Citizens
(919) 688-8247 ext. 105
jallen@councilseniorcitizens.org