

PRESS RELEASE

For Details, Contact:

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Press Release
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For Immediate Release



Durham Center for Senior Life and Durham Cooperative Extension are once again 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 Senior Center at 406 Rigsbee Avenue from **1:00 to 3:00 pm on Wednesdays, May 18, 2011 through June 29, 2011.**

There is a \$20.00 fee and pre-registration is required by May 11, 2011. Scholarships are available for those experiencing financial hardship. To register, contact Juanita Nelson at 919-688-8247 ext 105 or Peggy Kernodle at 919-560-0523.

FOR ADDITIONAL INFORMATION:

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