

FOR IMMEDIATE RELEASE

July 6, 2006

CONTACT: Diane Nevill, 623-930-3554  
Public Information Officer

## Powerful Tools for Caregivers

**GLENDALE, Ariz.** – Caregiving for a loved one can be an overwhelming job that goes 24/7. If you are stressed to the max, you will learn how to care for yourself, too, at “Powerful Tools for Caregivers,” a six-session weekly series that begins on Thursday, Aug. 10 at 9:30 a.m. in the small meeting room at Glendale Public Library, 5959 W. Brown St. The series concludes on Sept. 14.

Donna Heppermann, MSW, of the Beatitudes Center DOAR (Developing Older Adult Resources) and Karen Anderson, RN, will conduct the 90-minute workshops. Through interactive lessons, discussions and brainstorming, participants will learn about communication, dealing with emotions, setting goals, dealing with difficult behaviors and more.

This free series is presented in partnership with Area Agency on Aging, Region One.

For maximum benefit, the class is limited to 12 attendees. Registration is a must; call 602-274-5022.

###

**NEWS**  
*Glendale, az*

Only library  
to receive the  
Arizona Governor's  
Arts Award

Award-winning  
teen programs

Oldest library  
in the Valley,  
serving residents  
since 1895

Glendale Public Library  
Main Library  
5959 W. Brown St.  
Glendale, AZ 85302  
623-930-3530  
[www.glendaleaz.com/library](http://www.glendaleaz.com/library)