



NEWS RELEASE

FOR IMMEDIATE RELEASE

Contact: Sarah Johnson, Manager, Marketing and Public Relations, at 773-547-3064, or sjohnson@aldengroup.org

ADULT CAREGIVER WORKSHOP

Chicago, Ill. (July 14, 2007) – Are you an adult caregiver? Do you want to learn skills to help you take care of yourself while caring for another? Would you like to learn how to most effectively interact with health care providers, manage stress more effectively and communicate better with family members? Alden Courts of Waterford Memory Care Assisted Living Community is hosting an Adult Caregiver Workshop from 6 to 7:30 p.m. Wednesday, Aug. 8 at the facility, located at 1991 Randi Dr. in Aurora. Join Sharon Boris, MSW, LCSW, Creative Options in Counseling and Psychotherapy, as she discusses the positive aspects of caregiver relationships, guidelines for handling grief and loss and the effects of reversing roles between elderly parents and children. Dinner will be provided. Fee is \$5. **Registration is required by Wednesday, July 25; call Judy Boron at 630-851-1466 to register.**

Alden Courts of Waterford Memory Care Assisted Living Community is located at 1991 Randi Dr. in Aurora.

Alden Courts of Waterford Memory Care Assisted Living Community offers programs that address the needs of the memory impaired.

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