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NEWS RELEASE

For Immediate Release: February 27, 2012
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FOR IMMEDIATE RELEASE:

Aging Care Connections to Offer Senior Creativity Support Group

La Grange, IL--Beginning in April, Aging Care Connections, La Grange, will offer a support group for seniors living in the community and caring for their adult children with mental illness. The sessions will be held on Fridays beginning April 13 and ending on May 25 from 11am to 12:30pm at Grace Lutheran Church, 200 N. Catherine, La Grange. The class is free of charge, but registration must be completed by calling Laura Sutherland at 708-354-1323.

The seven-week program will focus on using artistic expression and creativity for self-discovery, relieving stress, and connecting with others who have had similar experiences. Group sessions will offer participants the opportunity to explore their experiences of parenting in a safe and supportive environment. All levels of artistic experience are welcome. Please call Laura Sutherland at 708-354-1323 with any questions you may have.

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Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and south Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit www.agingcareconnections.org.

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