



February 3, 2010

PRESS RELEASE

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***National Free Support Group Series for
CHILDREN OF AGING PARENTS "C.A.P.S."***

Downers Grove, Illinois...Saratoga Grove of Downers Grove has become a chapter of a national support group called **C.A.P.S.** ~ Children of Aging Parents. A series of 6 meetings, held every other month, will start on **Thursday, February 25, 2010 at 6:30 PM.** Guest speaker for this first meeting is Douglas Dvorak, a humorous motivational speaker. Refreshments will be provided but seating is limited. **Call your RSVP to (630) 971-1995.**

If you care for an elderly parent, spouse or friend, these **FREE** support group meetings are for you. Share your thoughts, feelings, and concerns while getting support from others in the same situation ~ you'll find you are not alone! The meetings are conducted in a comfortable, caring environment and you'll walk away with new friends. The group assures all participants absolute confidentiality.

Saratoga Grove is an Independent and Assisted Living community of month-to-month rental apartments with no buy-in, no deposit, no long-term lease. Activities and services are offered in a life-enriching, faith-based environment.

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**3560 Saratoga Avenue ~ Downers Grove, IL ~ (630) 971-1995
(Northwest of Highland Avenue and 35th Street)**