



FOR IMMEDIATE RELEASE

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S t r e s s e d O u t ?
Good Grief, Get Relief at Deliver the Dream's Lunch & Learn at the Library

(Boca Raton, Fla.) – Deliver the Dream, a South Florida-based non-profit that organizes retreats for families experiencing a serious illness or crisis, is aiming to help alleviate the stress and anxiety of these tough times through its successful *Lunch & Learn at the Library* speaker series in April with Mr. Scott Brook, Mayor of Coral Springs, an expert in multi-tasking.

On Wednesday, April 15, at 11:30 a.m. Brook, a family attorney, community liaison, motivational speaker and father of five, will demonstrate “*Having Balance NOW!*” where he will identify major stressors in the work environment and ways to balance priorities. He will also speak on how to better address those around you to reduce communication stress and achieve more serenity.

“We are so fortunate to have Scott Brook as our motivating speaker in our Lunch and Learn series”, says Deliver the Dream Executive Director, Paul Withrow. “Now more than ever, people need to implement effective methods of stress relief, especially in dealing with today’s uncertain economy. By taking the time out to come join us for a light lunch – attendees will have the added benefit of knowing that Scott is going to help recharge their “batteries” for a healthier frame of mind.”

As the Mayor of Coral Springs, Brook serves as founder and Chairman of the Coral Springs Customer Involved Government Committee and Chairman of the Coral Springs Parent Education and Financial Advisory Committees. Since March 2000, Brook has also operated his own law practice, which serves clients within the State of Florida with a primary focus on Family Law, Workers’ Compensation, Commercial Litigation, and Estate Planning.

Additionally, Brook is the co-founder of Premier Networking Alliance Inc. (PNA), a business referral and community service organization dedicated to helping market businesses and serve communities by raising money for various charitable organizations. www.PNANetwork.com

Lunch has been generously donated by Publix Super Markets.

Proceeds from the Lunch & Learns at the Library benefit Deliver the Dream's Family Retreat Programs. Donations are \$20 in advance and \$25 at the door. Spanish River Library & Community Center is located at 1501 N.W. Spanish River Blvd. in Boca Raton. Donations are tax deductible where allowable by law.

About Deliver the Dream

Based in Fort Lauderdale, Fla., Deliver the Dream, a 501 (c)(3) was founded by former JM Family CEO Pat Moran. Since 2002, the organization has hosted retreats for more than 3,600 family members facing such challenges as Cancer, Multiple Sclerosis, HIV, Down Syndrome and Autism. At a cost of more than \$55,000 each, the four-day, three-night retreats are held monthly throughout Florida, North Carolina or Georgia. Up to 15 families suffering from the same illness are invited to attend each retreat, where they regain strength, mend spirits, relax and share their stories. Retreat participants are referred to Deliver the Dream by a network of 16 not-for-profit healthcare organizations, including the National Multiple Sclerosis Society, Joe DiMaggio Children's Hospital, Chris Evert Children's Hospital, the American Cancer Society, and Mailman Center for Child Development. More than 300 volunteers help make the retreats possible.

Deliver the Dream helps families heal...one retreat at a time.

www.DeliverTheDream.org

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