



Caroline Center

*Committed to Women • Committed to Work*

## ***NEWS RELEASE***

*For Immediate Release* – October 12, 2014

Contact: Nancy Sherman

Director of Marketing & Communications

[nsherman@caroline-center.org](mailto:nsherman@caroline-center.org)

410.563.1303 x25

Web: [caroline-center.org](http://caroline-center.org)

Blog: [ccbroom.com](http://ccbroom.com)

### **Empowerment Luncheons Inspire Caroline Center Trainees to Take Charge of Their Health**

Caroline Center’s recent “Empowerment Luncheons” for its certified nursing assistant and pharmacy technician trainees just might be the perfect substitute for the ubiquitous power lunches of the 80’s. Today’s most important conversations and decisions certainly include health and wellness; and, there’s no question that the healthier employees are, the more effective they can be in the workplace.

The “Empowerment Luncheons” were organized and provided by Notre Dame of Maryland University (NDMU) students, all registered nurses and candidates for the bachelor of science in nursing (B.S.N.) degree, as part of the service learning component in their course on community health. The luncheons, which were arranged by NDMU Associate Faculty Member and Caroline Center Nursing Assistant Program Coordinator Barbara Gough, RN, MSN, emphasized Caroline Center’s mission – “to empower each woman to reach the fullness of her potential” through education and meaningful work, and they took their inspiration from sage advice offered by Oprah Winfrey who said, “It doesn’t matter who you are, or where you came from. The ability to triumph begins with you. Always.”

Caroline Center trainees enjoyed the simple, healthy lunches prepared with fresh ingredients that focused on fruits and vegetables, protein, and whole grains. Trainees also learned a variety of empowerment skills that would help them balance their lives as they prepared to enter their new professions. The NDMU degree candidates combined healthy eating lessons with fun and interactive exercises for trainees, including relaxation breathing for stress reduction and getting in touch with one's inner self and learning how to read between the lines on product nutritional labels.

The lunches concluded with trainees receiving an "empowerment goodie bag," which they put together themselves based on their interests, from the many excellent informational handouts, brochures, community class schedules, and giveaways that were part of the presentation.

Caroline Center's 15-week holistic approach to educating women for meaningful careers and better lives includes additional opportunities for trainees to learn essential life skills that will contribute to their professional success and personal well-being.

*end*