

## **FOR IMMEDIATE RELEASE**

### **Learning Unlimited offers personal growth and enrichment classes**

#### **Women's growing economic power the focus of financial management class**

##### **Additional focus on reducing stress**

(Boca Raton – October 16, 2002) With women controlling 45 percent of the country's wealth and heading 42 percent of the nation's households, a special financial management class to empower women will highlight the offerings this fall for Learning Unlimited at Palm Beach Community College in Boca Raton. Learning Unlimited is a program of personal enrichment classes for adult learners whose theme is "learning for the love of it." Classes begin Nov. 4 and end in mid-December.

A financial planner for John Hancock Financial Services, Jerry Merges will teach a financial management course geared especially for women entitled "Women are Taking Control." Merges said he will tailor the class to his audience.

"We may have women who are divorced or widowed or businesswomen," Merges explained. "With women living longer than men, they find themselves managing large amounts of money alone, and they'll learn how to properly manage their assets."

Merges said participants can use the interactive course to work on their own situations. Topics will include how to manage cash, insurance, health problems, investments, taxes, estate planning and the income they'll need in the future. He also will teach a general financial management class on Thursday evenings. Learning Unlimited will offer other classes in art collecting and art appreciation, music, dance, alternative health, current events and history as well as classes in "feeling good."

"Because times are so stressful and difficult, people are looking for something so they can feel good," said Jacquelyn Keeley, director of Learning Unlimited.

The classes include "Creating Ourselves Anew," "Be the Change You Wish to See," "How to Relieve Stress, Pain and Anxiety using Self-Relaxation and Meditation" and "Metaphysics, the Wisdom of the Ages." Learning Unlimited even offers a course that teaches the ancient hands-on healing method known as "reiki."

Taught by local experts, Learning Unlimited classes are small to facilitate instructor-student interaction. Classes cost between \$35 and \$40, and parking is free. You may register by mail or in person at the Registrar's office on the first floor of the administration building. To find out more, call 561-862-4725 or go to [www.pbcc.edu/learningunlimited](http://www.pbcc.edu/learningunlimited)

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