



For Immediate Release

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Volunteers Offer a Hand During United Way Capital Area's Three Spring Days of Caring

AUSTIN, Texas – April 8, 2011 – To celebrate National Volunteer Week, United Way Capital Area (UWCA) is expanding its Spring Day of Caring to include three service days: Wednesday, April 13; Friday, April 15 and Saturday, April 16.

Volunteers will demonstrate how they LIVE UNITED through more than 40 projects, including a partnership with The University of Texas at Austin to teach education, income and health-related learning activities to middle school students. UT students will lead workshops to teach students about financial responsibility, healthy eating and exercise habits and career planning. Nearly 200 students are expected to participate, starting at 9 a.m. on Saturday, April 16 at Decker Middle School, 8104 Farm to Market Road 3177.

Participants at all Days of Caring events can pre-register online at the Hands on Central Texas website (www.handsoncentraltexas.org) or by calling 2-1-1 Texas. Volunteer projects include:

- Beautifying child care centers
- Renovating and updating playgrounds
- Delivering meals
- Planting flowers, building gazebos and other gardening projects

“Bringing volunteers together to help the community is a key part of our mission,” said Debbie Bresette, president of United Way Capital Area. “When each of us gives back, we can make the greatest impact.”

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About United Way Capital Area

United Way Capital Area is working hard to advance the common good by focusing on three key areas: education, income and health – the building blocks for a good life. UWCA works to create measurable change that prevent problems from happening in the first place and that empowers people to improve the quality of life for themselves and others. Our vision for Central Texas is a community where all individuals and families achieve their human potential through education, income and healthy lives. For more information, please visit www.unitedwaycapitalarea.org.

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Media are invited to the following projects:

Wednesday, April 13, 9 a.m. to 3 p.m.

Austin Groups for the Elderly, 3710 Cedar St.

Participants will help clean the building, repair equipment for the elderly and assist the elderly at Adult Day Care.

Wednesday, April 13, 1:30 to 5 p.m.

Communities in Schools, 3908 Avenue B

Participants will install flower beds, spread mulch and create borders around existing gardens at Blacksheer Elementary

Friday, April 15, 10 a.m. to 2 p.m.

Austin Child Guidance Center, 810 W. 45th St.

Volunteers will help clean the toy room and other areas as well as organize items for a yard sale.

Friday, April 15, 10 a.m. to 2 p.m.

United Way Capital Area, 2000 E. MLK Jr. Blvd

Volunteers will clean the main building including power-wash sidewalks, retouch parking lot paint and clean the exterior.

Saturday, April 16, 9 a.m. to 12:30 p.m.

Decker Middle School, 8104 Farm to Market Road 3177

UT students will lead workshops to educate middle school students about education, income and health. Groups of students will maneuver through six workshops directed by UT students.

Saturday, April 16, 9 a.m. to 1 p.m.

Pan Am Cantu Recreation Center, 2100 E 3rd St,

Participants will help install a Born Learning Trail and beautify the Child Care Development Center playground.