



**For Immediate Release**

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## **STAMFORD ENTREPRENEUR ELECTED NAPO-CT PRESIDENT FOR 2009-2010**

Stamford, CT- Cara Brook, owner of S.O.S LLC Professional Organizing, has been elected President of the Connecticut Chapter of the National Association of Professional Organizers (NAPO). Cara Brook founded the company Strategize, Organize, Simplify LLC in February, 2004. Prior to that, Cara had seven years of experience as a project manager in the corporate, small business and not-for-profit arenas.

NAPO-CT is a not-for-profit association with 50+ Professional Organizers dedicated to making the lives of their clients easier by transferring organizing skills. Members of NAPO-CT are experts in nearly 42 specialties including: residential organizing – garages, attics, basements, closets, etc.; computer consulting and training; estate organization; event planning; home office and business organizing; finances and bookkeeping; paper management; moving/relocations; seminars/public speaking; organizing Seniors, children, students, adults with ADD and the Chronically Disorganized. For more information, visit [www.napo.net](http://www.napo.net) and [www.napoct.com](http://www.napoct.com). Monthly Chapter meetings are open to anyone interested in becoming a Professional Organizer and are held on the third Friday of each month at the North Haven Holiday Inn. Meetings feature guest speakers, education and guidance, marketing tips, networking opportunities and more.