

THE WATERS of OAKDALE

FREE SENIOR MOVING SEMINAR



WEDNESDAY, FEBRUARY 17

10:00am in The Waters of Oakdale
Life Engagement Room

Join us for an informative event aimed to help educate and empower those with upcoming transitional moves. We'll talk about the emotional and logistical impacts of downsizing and offer helpful tips to navigate common challenges associated with senior moves.

This free discussion features key speaker Diane Bjorkman, owner of Gentle Transitions, who brings over 24 years of expertise in the field. You'll leave with information and tips on:

- Planning and initial decision making
- Sorting and de-cluttering
- Packing
- Moving
- Unpacking and resettling
- Future expectations
- Estate-sale planning
- Donating

Enjoy light refreshments and fun prizes, too!

RSVP TO 651-393-5260



THE WATERS