

DECLUTTERING AND DOWNSIZING SEMINAR

PRESENTED BY GENTLE TRANSITIONS



Jill Freeman



DOES THE THOUGHT OF DOWNSIZING AND MOVING OVERWHELM YOU?

Join presenter Jill Freeman, a Senior Move Specialist and Professional Sorter with Gentle Transitions for a fun and motivational presentation. Jill draws from her vast experience and discusses:

- Common challenges older adults face when making a transition.
- Downsizing tips (what to keep and what not and how to decide).
- Moving guidelines for seniors before, during, and after a move.

From downsizing, sorting, getting rid of the excess, to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process “gently.” Come join us!

WEDNESDAY, MAY 18TH, 2022

10-11:00 a.m.

RSVP BY WEDNESDAY, MAY 11 TO JAY BENEDICT

612-623-7007 or Jay.benedict@fairview.org


**THE PILLARS
OF PROSPECT PARK**

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

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