



## What am I going to do with all my stuff?

### Tips for Older Adults Planning a Move

The Pines Assisted Living is proud to host a free seminar with Gentle Transitions, a local organization that has been helping area seniors with their moving experience since 1990. You are invited to attend to learn about:

- The sorting process; how to decide what to keep, sell or donate
- Determining a moving time table
- The packing process
- Moving services
- Planning utility changes, address changes
- Space planning in a new home

**Wednesday,  
September 14**

**10:30-11:30 AM**

The Pines Assisted Living  
400 West 67th Street  
Richfield, MN 55423

**Space is limited!  
Please RSVP to Carmen:**

**612-861-3331**  
**Carmen.Kissel@CassiaLife.org**