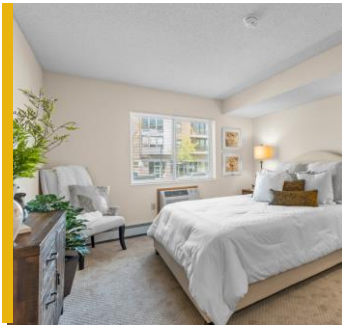


**Join us!**

## Mainstreet Village

Senior Apartments | Assisted Living | Assisted Living Memory Care



*Gentle*   
*Transitions*<sup>®</sup>



### Does the Thought of Downsizing & Moving Overwhelm You?

Gentle Transitions has been moving thousands of Twin Cities older adults for the past 32 years. Senior Move Specialist and Professional Sorter with Gentle Transitions, Jill Freeman will be presenting educational tips to help those considering an upcoming move or who would just like to declutter for the future. 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 for this fun and motivating presentation.

**September 29, 10:30am**

Please RSVP by September 26 to Sarah Houk  
at [shouk@avinityseniorliving.org](mailto:shouk@avinityseniorliving.org)  
or 612-965-8738



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