



Lunch & Learn

October 4 @ 11:30 am - 1:00 pm

Does the Thought of Downsizing and Moving Overwhelm You? Then join us in October for Lunch & Learn!

Moving and finding appropriate assistance can be stressful. Unless you put some thought into your options ahead of time, these important decisions can often be made when there is a healthcare crisis, and your options are limited.

St. Edward parishioner Shelly Pomonis, a realtor at RE/MAX Results, and Jill Freeman from Gentle Transitions will discuss downsizing from your current home, the art of decluttering, and helpful tips and resources for finding senior housing that fits your needs. Come and get some information from professionals on downsizing and moving for seniors!

*Lunch & Learn is presented in the Social Hall monthly, September through May. Lunch & Learn features speakers on a variety of senior health and wellness topics. **Participants are invited to bring their lunch from home. Coffee is available. All events are free of charge and there is no RSVP required.***

LOCATION:

The Church of St. Edward
9401 Nesbitt Avenue S.
Bloomington, MN 55437

Phone: 952-835-7101