

SENIOR LIVING TRUTH EMPOWERMENT SERIES

Did you know that physical clutter can also cause psychological clutter? Psychological clutter is known to create depression, anxiety, and even physical illness and disease. If your current environment is cluttered and you desire to create a more organized and personally satisfying space, this is the seminar for you! Our panel of experts will discuss both the emotional and physical aspects of de-cluttering and will provide practical strategies for de-cluttering your home.

“The Truth on De-Cluttering Strategies”



WHEN: Tuesday, Feb. 19, 2019 • 10 – 11:30 am

WHERE: Gahanna Senior Center
480 Rocky Fork Blvd.
Gahanna, 43230



COST: Free for Seniors – *Registration Required*
Limited Seating

Call 614-561-1621 to Register by Mon. Feb. 18th

PANELISTS



Ellen Limes
Transitioning
through Life



Cara Marks
Can Do Organizing
& More



Beth Johnson
Can Do Organizing
& More



Regina R. Hill
New Directions
Realty – Moderator



Hosted by:

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