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## **Decluttering and Downsizing - You Can't Take it With You**

Date and Time

Tuesday 9/17/2019 11:30am to 1:00pm

Event URL

[Senior Connections](#)

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

804.672.4498

Event Description

Having too much stuff can impede people from relocating or getting services into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. In this session we will:

- Explore emotional barriers to ridding yourself of belongings that no longer serve you.
- Gain practical insights on what to do with things you no longer want or need.
- Illustrate important intergenerational conversations regarding future care planning.

Cleaning out your house while you can is a gift to yourself and others. Learn how to get started!

Lunch will be provided at no cost. **\*REGISTRATION IS REQUIRED\*** Limited to first 25 to register Please register by Friday, September 13, 2019 by calling 804.672.4498 or visiting our website at [seniorconnections-va.org](http://seniorconnections-va.org). For more information, contact Dee Caras at [dcaras@youraaa.org](mailto:dcaras@youraaa.org) .