

Time to Downsize?



- WHEN** ➤ Mondays April 8, 15, 22, and 29 at 10 a.m. at: **Walnut Ridge 1701 Campus Dr. Clive, IA 50325**
- WHO** ➤ Anyone who is thinking of downsizing, “rightsizing”, decluttering, or simplifying. Come get a jump start with us!
- WHAT** ➤ A lighthearted “support group” to offer insight, sharing, and accountability. Each week will focus on a different aspect of paring down with a bit of homework in between sessions to help each other gain momentum.
- COST** ➤ \$40 for the session. Space is limited. *A light snack will be provided.*

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Tisa Johnson has operated Senior Transitioning Services since 2015. A former social worker, she understands the challenges and the opportunities that come with traveling lighter and regularly walks older adults and their families through this process.



Walnut Ridge

Please call Tisa at (515) 277-7845 to reserve a spot or with questions.