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[**Abilities Network**]
Senior Services

Invite you to a Lunch & Learn
“Right-Sizing” & Your Move Made Easy
presented by
Heather Murphy, Director of Move Management

Join us as Abilities Network's Senior Services program presents “Right-sizing & Your Move Made Easy”. The presentation is designed to reduce anxiety about moving and overcome obstacles to making the decision to move. The format is lively and entertaining. You will receive information about downsizing & move preparation you can use that day, even if your move is months in the future. You will leave motivated and confident that you **can** do this move. Receive tips on organizing, downsizing and de-cluttering!

DATE: Thursday, April 26, 2018

TIME: 12:00 - 1:00

Presentation & Lunch will be served

LOCATION: Lorien Bel Air

1909 Emmorton Rd.

Bel Air, MD 21015

RSVP: to hmurphy@abilitiesnetwork.org or call 410-828-7700 ext. 1271

Or to Jared Kurlander at Lorien Bel Air (410-803-1400, ext. 7269)

Lunch will be served!

There is no cost to attend, but please RSVP in advance.