



## Lunch & Learn

### When Downsizing Can Upsize Your Life.

**Did you know, downsizing your home can upsize your happiness? That's because downsizing means less stress, more time and energy, more freedom, greater amenities and a better location.**

**Downsizing means so much more than just less space or less stuff. It means engaging in an active, convenient and carefree lifestyle.**

**Downsizing and de-cluttering can make life easier and safer for caregivers/seniors. Some key factors that will be covered include: Home Maintenance, Your Health-Physical and Mental, and the Financial Impact.**

**Attendees will learn some tips that can lessen the overwhelming task of determining what to save and what to donate or discard.**

**Presented By:  
Amy Rasing, Director  
of Development, IL  
Presbyterian Home  
Communities**

**February 15, 2023**

**12:00pm to 1:00 pm**

**Registration Is  
Required by February  
14th**

**Call Jennifer Hopper@  
217-787-9234 to  
register.**

**AgeLinc**

Area Agency on Aging for Lincolnland

Your Linc to Aging Well.

2731 S MacArthur Blvd, Springfield, IL 62704  
217.787.9234 | 800.252.2918 | [www.agelinc.org](http://www.agelinc.org) | facebook