

TUESDAY NOONTIME SERIES

(SPONSORED BY OAK VIEW NATIONAL BANK)



SELECTING YOUR TREASURES

This workshop delves into the process of identifying and preserving items in your home that hold significant emotional or financial value. The aim is to shift the perspective from the daunting task of "getting rid of" possessions to a more positive approach of choosing what is most important. By reframing the narrative, participants can navigate this often challenging subject with a sense of purpose and clarity.

JUNE 11, 2024 / 12PM-1PM

THIS FREE EVENT IS VIRTUAL BY ZOOM.

Presented by:

CAITLIN ADKINS, SPACES ORGANIZED & STYLED, LLC



A life coach and professional organizer, Caitlin is the visionary force behind Spaces Organized & Styled, LLC, a prominent Holistic Residential Organizing Firm that is revolutionizing the concept of tidiness and harmony in living spaces. She holds credentials in the Emotional Freedom Technique (EFT), a therapeutic method that addresses emotional challenges and fosters self-awareness. Additionally, she is a practitioner of Neuro-linguistic programming (NLP), TIME Techniques, Life and Success Coaching, and Clinical Hypnosis. Caitlin also holds a Master's Degree in Legal Studies from the Washington University School of Law which she feels adds a strategic edge to her approach as she navigates complexities and streamlines processes to create well-organized and functional spaces.

To Register: www.agingtogether.org (Programs tab)

Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program.

Please check your email after you have registered.

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