

News Release for Immediate Release or Next Issue  
Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs  
River Valley Extension District  
2/19/2020

### **Downsizing Program**

Make your life easier by decluttering. Clutter can have negative effects on your mental and physical health. Plan to attend the upcoming program, Downsizing, on March 12<sup>th</sup> and 13<sup>th</sup> in the K-State Research and Extension River Valley District counties of Clay, Cloud, Republic, and Washington.

March 12<sup>th</sup>, hear the program starting at 10:00 a.m. in the Clay Center District Office (322 Grant Avenue). That afternoon, catch the program in Washington at 2:00 p.m. in the Good Shepherd's Lutheran Church (200 W. 4<sup>th</sup> Street). On March 13<sup>th</sup>, come to the Belleville Public Library (1327 19<sup>th</sup> Street) for the program at 10:00 a.m. That afternoon you can hear the program at the Concordia Courthouse Basement Meeting Room (811 Washington) at 2:00 p.m. In Concordia, please park on the south side of the Courthouse, enter on the west side of the Courthouse and take the elevator to the basement.

Deanna Turner, District Extension Agent-Adult Development and Aging, will discuss different methods of downsizing to enjoy the space you are living without the clutter. If you plan to attend, please pre-register at your local Extension Office by calling: Clay Center Office at 785-632-5335, Washington Office at 785-325-2121, Belleville Office at 785-527-5084, Concordia Office at 785-243-8185. For more information, call Deanna at 785-632-5335. Everyone invited to this free program.

-30-

K-State Research & Extension is an equal opportunity provider and employer.