

Durham and Middlefield Senior and Social Services Presents:

"Prepared & Empowered: A 5-Part Series to Help You Get Organized – Not Overwhelmed"

Feeling overwhelmed by life's growing to-do list? You're not alone.

If you're ready to stop putting off the "someday" tasks that keep you up at night, want to be that organized person who has all of their ducks in a row, refuse to stick your family with a chaotic mess when you're gone, or you're stretched thin caring for both your kids and your parents—this series is your solution.

The *Prepared & Empowered* Series gives you real solutions for the stuff that's been weighing on your mind:

- ✓ Drowning in clutter but paralyzed about where to begin
- ✓ Critical documents and passwords buried somewhere you'll "never forget"
- ✓ Clicking nervously online, wondering if you're about to get scammed
- ✓ Putting off those awkward but necessary conversations about death and money
- ✓ Breaking into a cold sweat at the thought of packing up and moving.

Led by nationally recognized life organizer and bestselling author Lynn McPhelimy. She has already helped thousands of people go from scattered and stressed to organized and in control.

What to Expect

Each 60 minute presentation includes practical strategies and actionable steps you can use immediately, open Q&A time, tailored take-home materials and fun. Even some surprises!

Upcoming Presentations:

September 11: Too Much Stuff? Let's Fix That!

Declutter, Downsize & Take Control Now!

Learn to confidently decide what to keep, sell, donate, or toss—without second-guessing yourself.

October 9: Organize Your Life – Not Just Your Stuff!

Be ready for anything: Essential planning for life's unexpected challenges

Organize key information so others can easily step in during emergencies.

November 13: Stay Safe Online

How to Click with Confidence and Avoid Scams

Protect yourself from digital fraud with safer, more confident online habits.

December 11: Your Day, Your Way!

Plan Your Funeral with Confidence

Take control of your legacy and leave clarity—not guesswork—for your loved ones.

January 8: Ready, Set, Move!

A Stress-free Plan for Downsizing & Moving

Make your next move manageable, meaningful, and even joyful.

Mark Your Calendar & Register Today!

When: 2nd Thursday [September-January]

Time: 6:00pm

Location: Durham Community Center • 144 Pickett Lane

Registration: Call: Morgan @ 860-349-3153 • E-Mail: mperry@townofdurhamct.org

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