

A free community information session

# Overcoming downsizing & transition anxiety



Are worries, concerns or “how to” questions about making your downsize a reality preventing you or a loved one from moving forward?

*Then this conversation is for you.*

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**Wednesday, October 9, 2019**

Session 1

**10:30AM – Noon**

*For older adults thinking of downsizing*

Session 2

**7:00PM – 8:30AM**

*For adult children and those supporting  
older loved ones*

Program Room. Alta Vista Public Library  
2516 Alta Vista Drive.

**Free to attend. All Welcome.**

RSVP to 613.277.6449 / [info@agewellsolutions.ca](mailto:info@agewellsolutions.ca)

You can look forward to this informal and discussion-based information session with Senior Housing Specialist, Jennifer Moir. She will share helpful tips, practical strategies and success stories on how to ensure a smooth and successful downsize.



“Jennifer and her team helped my wife and I downsize, relocate and readjust. Her professional, courteous, efficient, and most important, caring attention to our needs was instrumental in our successful move into our new home.”

Tom Wileman