

**Circle of Life Aging Services  
Presents**

***Moving: A Process, Not an Event***

*An exploration of the physical & psychological aspects of moving*

**Speakers:**

**Diane Bjorkman, Gentle Transitions**

**Kathy Martin, LICSW, Associated Clinic of Psychology**

**Objectives:**

- \*The audience will understand the many aspects of a move: physical, emotional, interpersonal & psychological**
- \*The many details of a move will be reviewed: resources, costs, and what to do with the all of the excess items.**
- \*Identify the continuum of responses to the psychological adaptations of moving**
- \*Identify & implement practical strategies to manage negative associations triggered by the moving process.**

**Date: Thursday, January 18th**

**Registration: 8:30 - 9:00**

**Seminar: 9:00 - 11:30**

**Location: Edina Park Plaza**

**3330 Edinborough Way**

**Edina, MN 55435**

**952-831-4084**

**Cost: Pre-registration due by January 10th: \$ 25.00**

**After January 11th: \$ 30.00**

**Please submit payment to:**

**Circle of Life Aging Services**

**C/O Sandy McGurran**

**P.O. Box 390313, Edina, MN 55439- 0313**

*Certificates of attendance will be provided.*

*This program meets the requirements for 2.5 continuing education credits.*

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**Questions? Contact:** Sandy McGurran at 952-457-3895 or  
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