

# Overwhelmed with the thought of moving Mom and Dad?

*...we can definitely help!*

## **Are you asking yourself these questions?**

- ♥ How do we begin sifting through mom and dad's home of many years?
- ♥ How do we choose what will and will not fit in their new, smaller space?
- ♥ What can we do with their possessions they are not taking?
- ♥ How do we pack them up and pull together all the details when we are all so busy with our own lives?
- ♥ Where can we go for help and resources?
- ♥ How can we make the move as easy on them (and our family) as possible?

*The Alton Memory Care & Care Suites invites you...*  
to an informative program packed with information and resources on how to make your parent's move smooth.



**Speaker: Diane Bjorkman**  
**Owner of Gentle Transitions™**

**Wednesday, May 21st**

**5:30 p.m.**

**1306 Alton Street, St. Paul, MN 55116**

**Hors D'oeuvres Wine/Beverages**

**Space Limited. Please RSVP to Deb Newton at (651) 695-2384.**

**\*Since 1990, Gentle Transitions has been recognized for its innovative move management services.**