

Town of Colden Recreation

Overcoming Overwhelm Workshop
Live Your Best Life, Prioritize Tasks and
Create Structure

A Holistic Planning, Self-Care-Centric Approach
With Sherri Papich - Local Certified Professional
Organizer, Productivity Consultant, ADHD Specialist &
Home Stager since 2008

Monday, May 20th 7-8 pm

at the

Colden Senior Center

\$20 per person (payable with registration)

You will learn key strategies that you will be able to
implement easily and quickly. This will decrease
overwhelm and increase clarity and calm in your spaces
and on your schedules.

Attendees will leave the workshop equipped with
valuable handouts to support and reinforce the
strategies learned during the session.

Overcoming Overwhelm

Name _____ Ph. # _____

Address _____

Paid cash _____ check _____ check # _____