



**IS YOUR STUFF TAKING OVER
YOUR LIFE?**

**ARE YOU OVERWHELMED BY CLUTTER
IN YOUR HOME?**

Age Matters 'Buried in a Lifetime of Treasure' program can help.

This FREE program is aimed at people over the age of 55 who are feeling overwhelmed by their belongings.

Over 12 weeks you'll complete activities from the 'Buried in Treasure' program with our team, alongside others going through a shared experience.

You'll learn to understand hoarding behaviours, build skills and start to make gradual changes to manage clutter in a friendly and supportive place.

Shoalhaven Neighbourhood Services - 'Worrigeer St Conference Room'

41 Worrigeer St, Nowra

Every Thursday
10.00am to 11.30am

Starts 21 April 2022

If you're ready for a change, please call 0448 530 775 or email info@agematters.org.au

AGE
MATTERS