



Rappahannock
Westminister-Canterbury

THE UPSIDE OF DOWNSIZING

Join us for an inspiring and informative session designed to help you embrace the next stage of life with confidence and ease.

THURSDAY, JANUARY 29, 2026

10:00 AM

RWC AUDITORIUM

Light refreshments will be served

**Presenters from
Next Chapter Solutions:**
Katie Hamann
Dani Washington



DISCOVER THE UPSIDE OF DOWNSIZING!

In this engaging presentation:

- ✓ Putting Your Stuff In Its Place - Removing what no longer serves you
- ✓ Decluttering and Rightsizing Tips and Tricks
- ✓ Acknowledgement of what makes this process difficult, and a positive approach to get the work done
- ✓ Understanding and accepting the emotional aspects of this process and move
- ✓ Sharing of helpful resources, charities, consignors and more

Special Giveaway!

Enter to win a Gift Certificate for a 4-hour sorting and decluttering session—the perfect way to kickstart your downsizing journey!



132 Lancaster Drive
Irvington, VA 22480

RSVP

today to reserve your spot.

Please contact Denise Kenner at
dkenner@rw-c.org or 804-438-4877 by
Thursday, January 22, 2025.