



## **Downsizing?**

Transitioning from a larger home to a smaller living space?

Something many people face at some point in their lives, either for financial reasons, health reasons, or because of the aging process, is downsizing. When children are at home and individuals are healthy, they may want to and be able to accommodate more "stuff." But as families, lives, and needs change, it may be necessary to let go of some things.

The challenge often is that many belongings have special personal and emotional meanings attached to them. One might ask oneself: Does that mean I keep everything? How can I let go of some of my things? What do I keep, and what do I let go? What will happen to the things I let go?

Leslie Guditis can help you through the process of downsizing. The experience may be challenging, and the support of someone who cares and understands can be very helpful. Leslie has extensive experience with helping others downsize, and she can help you find ways to place your belongings with others who will appreciate them.