

# Wellness Lecture

## Dawn Eyre



**Tuesday, October 16**

**12-1 pm**

**Monona Terrace  
Community and  
Convention Center  
1 John Nolen Dr**

Got more stuff than you know what to do with? **Dawn Eyre**, owner of the full-service senior moving company **Segues LLC**, will be discussing the ins and out of downsizing at this bi-annual speaker series.

- ◆ Get answers to your decluttering questions
- ◆ Learn the five categories of things you no longer need
- ◆ Get advice on how to approach downsizing
- ◆ What to do with the things you choose to part with

Call Madison Senior Center for more info 266-6581

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