



Simplify Your Life 2018

Are you stressed out? Not sure where to start? Too much “noise” and not enough time to enjoy life? Can’t find your important stuff?

Calgon Take Me Away!!!

We have a solution to help you!

University of Idaho Extension is offering a fun-filled (and informative) workshop to help you get a grip, make a plan & ***Simplify Your Life***

PLUS it provides you with all the tools you need to start preparing for important estate planning meetings.

Plan for the Evening

Declutter Your Life & Reduce Your Stress

Are you looking for a way to simplify your life? With busy schedules, emotional attachments, and too much “stuff,” we can start feeling out of control and stressed. This fun-filled, laugh-out-loud class focuses on our stuff and how to simply the “noise” it makes.

Organizing Your Financial Paperwork

What if we told you that getting your financial paperwork ducks in a row was easy and that it would reduce a ton of stress just by having your important documents where you could find them? In this portion of the workshop, we focus on how long to keep, where to keep, what to keep and what happens if you can’t find it.

Who Gets Grandma’s Yellow Pie Plate?

Have you thought about your personal possessions and who would get them after you are gone or after a major life change occurs? Sometimes life events happen that force us to address end-of-life issues we would rather not. In this workshop, we open the lines of communication and talk about factors you should consider when passing on your things, goals you want to accomplish, distribution options and consequences, and conflict resolution. Although a tough subject, this class offers a “priceless” peace of mind for you, your family and friends in a very upbeat way.

Date: **Weds., July 18, 2018**

Time: **6-9 p.m.**

Place: **Latah County Fairgrounds
Middle Room
1021 Howard Street, Moscow**

Cost: **Absolutely FREE!!!*****

Registration: **Call Karen at 208-883-2241
or email at krichel@uidaho.edu before
July 12th to save your seat and
materials**

 **University of Idaho
Extension
Latah County**

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact **Karen** one week before the event at krichel@uidaho.edu phone: 208-883-2241

*****We love offering our classes free-of-charge but there is a cost that is associated with them. To keep being able to do this, please call if you can’t make it after registering. If you are not sure that you want to come and decide at the last minute, you are welcome to come without registration but we cannot guarantee that you will have a seat, a packet or a class to attend. These evening programs are based on adequate registration numbers and can be cancelled without them. Thanks for your kindness.**