

# Community Connections

## Senior-Focused Forum

Topic **The Joy of Downsizing**

Taught by **Theresa Giddings with Soft Landings, Solutions for Seniors, LLC**

Theresa is a local expert on moving, packing, and downsizing. Come join us for practical ideas about how to deal with all of the things you have accumulated over the years. Whether you are planning a move or have already moved into your new home, Theresa can help you make a game-plan for your next steps.

Also a great time to meet your new neighbors!

**WHEN**

January 17th  
3:30 PM

**WHERE**

The Community at Marquis  
in the Avery Auditorium  
19805 SW Boones Ferry Rd.

**COST**

FREE  
Refreshments  
Provided

Please RSVP to Amanda Ballard at [acballard@marquiscompanies.com](mailto:acballard@marquiscompanies.com) or 503-612-2541



Post Acute Rehab | Assisted Living | Independent Living

Marquis Tualatin  
[marquiscompanies.com](http://marquiscompanies.com)

19805 SW Boones Ferry Rd  
Tualatin, OR 97062

ph 503-612-2550