WORKSHOP:
TIPS AND TRICKS
TO TACKLE
HOARDING AND
DECLUTTERING

Does anyone ever feel overwhelmed with all that is occurring in your life? Wishing there was some way to free up time, money, or space? Maybe there is. It has been said, the more you have, the less you have. For example: the more debt you have, the less time you have because you have to work to pay for it. The more clutter, the longer it takes to clean around it. The more activities you have, the less time you have to just enjoy life.

This workshop will help you decide if you are a clutter bug, or borderline hoarder. We will also talk strategies in getting the chaos under control. We will share tips in getting started with decluttering your living space and your mind. Being overwhelmed with all that you have can be crippling, so come see how a few small steps will get you moving in the right direction.

PRESENTED BY:
MELINDA DAILY
FAMILY CONSUMER SCIENCE AGENT
SUNFLOWER EXTENSION DISTRICT

HOSTED BY:
K-STATE
Research and Extension
Sunflower District

SUNFLOWER EXTENSION DISTRICT OFFICE
SHARON SPRINGS | WALLACE COUNTY
118 N GARDNER | SHARON SPRINGS
12 - 1 PM MST | RSVP by 2/16/24

SUNFLOWER EXTENSION DISTRICT OFFICE
GOODLAND | SHERMAN COUNTY
813 BROADWAY ROOM 301 | GOODLAND
12 - 1 PM MST | RSVP by 2/22/24

SUNFLOWER EXTENSION DISTRICT OFFICE
ST. FRANCIS | CHEYENNE COUNTY
212 E. WASHINGTON | ST. FRANCIS
12 - 1 PM CST | RSVP by 2/29/24

CONTACT THE SUNFLOWER EXTENSION OFFICE TO REGISTER:
WALLACE: 785-852-4285
SHERMAN: 785-890-4880
CHEYENNE: 785-332-3171
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QUESTIONS?
CONTACT MELINDA DAILY,
FAMILY & CONSUMER SCIENCE AGENT.

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