

## Resolving to Get Rid of Clutter and Excess Stuff in 2018



Conducted by Betty Sproule,  
Happiness Coach and  
Author of the book "*The Stuff  
Cure: How we lost 8,000  
pounds  
of stuff for Fun, Profit, Virtue,  
and a Better World*"

"One secret of a happy life – having *just the right stuff, with no clutter.*"

Dr. Betty Sproule, Ph.D. author of the *The Stuff Cure* will show you how this goal is achievable. It is a proven method to *unstuff* your excess, *organize* what you keep and *regain control* of your life. Along the way, you'll find opportunities for fun, profit, virtue, and helping to create a better world.

### **Waste Reduction & Diversion**

To compliment Betty's presentation, we will also have Salinas Valley Solid Waste Authority here to cover the following topics: landfills, the importance of recycling, proper disposal of hazardous waste, and reasons not to litter.

**WHEN:** Wednesday, January 10, 10am – 12pm

**WHERE:** Alliance on Aging, 247 Main Street in  
Old Town Salinas

**Call 831.655.1334 to RSVP**

FYI: Parking in Old Town Salinas can be challenging. If possible consider carpooling or making arrangements for someone to drop you off and pick you up.