



WELLNESS WEBINAR

Clean Space, Clear Mind: How to Declutter for a Healthier, Happier You

Our work lives and home lives may be merged more than ever. Whether you multipurpose your space or just want to see what the top of your desk looks like again, this is your opportunity. In addition to learning practical ways to sell, store or donate your no-longer-used items, you will be motivated by learning how decluttering has many benefits to your mental, physical and emotional health.

Pull out your donation bins and let's get going!

Tuesday, July 12

3:30 - 4:30 p.m.

Register **[HERE](#)**

Or, copy this link into your browser:

https://phs-org-corp.zoom.us/webinar/register/WN_5jRzjA1QRS8dt_5GlrZzw



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Questions? Contact nmpsia.wellness@phs.org