

DECLUTTERING  
YOUR SPACE  
AND  
YOUR MIND



CLEARING OUT WHAT OVERWHELMS US

At HOME with ECA

Online learning series on the  
1st Thursday of each month at 11 AM

Want to learn more about Extension and Community Association (ECA) and how to become a volunteer in your county? Join us this year as we connect with one another to learn new life skills while being At HOME with ECA!

**Register For:**

March 3rd, 2022

Decluttering Your Space  
and Your Mind

Type In This Link:

<https://www.eventbrite.com/e/226054022667>



**Scan This!**

Holding on to belongings and memories is normal but sometimes they can overwhelm us, turning into a difficult task to manage. Join us to learn some great tips about how to deal with belongings that may be cluttering your home and your mind.

**MEET YOUR NORTH CENTRAL DISTRICT FAMILY AND CONSUMER SCIENCES AGENTS:**



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DAVIDSON COUNTY



JEANNIE LEONARD  
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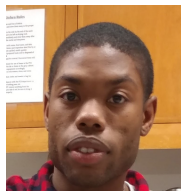
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ACCOMMODATION REQUESTS RELATED TO A DISABILITY SHOULD BE MADE TWO WEEKS PRIOR TO  
ADDIE WILSON AT [ALWILS24@NCSTU.EDU](mailto:ALWILS24@NCSTU.EDU) OR 336-849-7908