



Employee Assistance Program
Lunchtime Wellness Program

EAST CAMPUS

Getting Organized Basics



Is it all too much? Well, seize the day and learn the basics of organizing. This session will help you understand how clutter affects your health and why you should tackle it. You will learn a basic system for organizing anything and get some general tips on getting organized. Join us!

Presenter: **Jordana Turcotte** is a local professional organizer and owner of Simply You. She is a mother and graduate from RPI with a B.S. in Chemical Engineering. Working locally as a Process Engineer and Quality Manager, her projects tended to gravitate to reducing waste, reducing steps, and streamlining procedures and processes. Now, with her organizing business, she helps people do the same in their homes! Local continuing education on organization is also an important part of her business.

To Register Contact:
Brenda Seckerson, EAP Coordinator
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CALL 442-5483
OR ONLINE:

http://www.albany.edu/eap/event_sign-up.htm

Friday, March 2
12:00 - 1:00 pm
Room 110A
School of Public Health

THE WORLD WITHIN REACH