



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GET YOUR HOUSE IN ORDER! START THE NEW YEAR OFF STRONG BY GETTING ORGANIZED

**Active Older Adults | Lunch & Learn *
WEST CABARRUS YMCA**

Lori Fike English, Founder & Director of Chaos to Calm is an organizational expert. She will be speaking with us about the steps we can take to get our homes in order.

**Thursday, January 23, 2025
12 pm - 2 pm in the Williams Room
*Lunch will be provided**

**Please Register online, through the
YMCA360 App or scan the QR code.**



**For more information email
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**ROWAN-CABARRUS YMCA
www.rocabymca.org**