

DECLUTTER YOUR HOME, DECLUTTER YOUR MIND

a Mental Health Awareness Month
presentation

brought to you in partnership by:



Independence
Blue Cross



Upper Darby
Senior Center



Upper Darby
Fire Department

MAY 7, 2025 | 12:30 PM - 2:00 PM
UPPER DARBY SENIOR CENTER
326 Watkins Avenue, Upper Darby, PA 19082

Learn why decluttering helps to revitalize and rejuvenate your
body and mind! And hear tips on how to do it.