

# NEWS RELEASE

FOR IMMEDIATE RELEASE

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## **“Lightening Your Load...the Art of Living with Less” Shows Connection Between Organization, Health and Stress Reduction**

EASTON – Lighten Your Load Solutions President Lou Ann Hill will illustrate the connection between organization and improved health and well-being in a free educational seminar on March 31, 2010. In a 50-minute presentation, Ms. Hill will share space-saving, low-cost tools and systems to help Annapolis residents win the battle on clutter and enjoy a more organized, happy home and work environment.

The seminar takes place Wednesday, March 31, 2010 at 12:00 p.m., at the Talbot County Chamber of Commerce, Easton Plaza, Suite 53, 101 Marlboro Avenue, Easton, MD 21601, 410-822-8200. Ms. Hill will offer free five- to ten-minute one-on-one consultations following the seminar. Bring your questions!

Lighten Your Load Solutions, LLC is a personal concierge services company, specializing in home and office organizing, with offices in Annapolis and Tilghman Island, Maryland. Visit their Website at [www.LightenYourLoadSolutions.com](http://www.LightenYourLoadSolutions.com).