

Contacts: Darla DeMorrow, Owner
HeartWork Organizing
Phone 856-905-3202
Wayne, PA 19087
Email: Darla@HeartWorkOrg.com
www.HeartWorkOrg.com

Press Release

Get Organized in 2010: Lose 30 Pounds Instantly

HeartWork Organizing offers seminars on the Main Line to learn to Get Organized during January's GO Month

Wayne, PA, January 4, 2010 – January is Get Organized Month (sm), and you are just one day away from a more organized life. This month starts the free for all of diets and gym resolutions, but here's something that can bring you visible results starting in just one day. *Get organized* and lose the clutter. Darla DeMorrow, owner of HeartWork Organizing, is offering three upcoming events in the Philadelphia suburbs to help you get- and stay- motivated to do just that.

The Tredyffrin public library (Wayne, PA) is hosting an hour long seminar called, "Get Organized, De-Clutter Your Way to Peace of Mind," on Tuesday, January 12 at 7:30 PM. Free registration is requested by calling 610-688-7092 or emailing gchamberlin@ccls.org.

The Upper Merion public library (King of Prussia) is hosting an hour long seminar called, "Clutter Control: Reclaiming the Important "Stuff"," on Tuesday, February 9 at 7 PM. Free registration is requested by calling 610-265-4085 or emailing UpperMerionLibrary@mclinc.org.

Both of the above events will offer timely strategies for getting organized at home and everywhere else. Learn the 5 simple steps to lose 30 pounds in 30 minutes. Save time and money all year long by becoming organized.

Clear Path Strategies ©, a clutter support group, is starting up on February 22 at 7 PM in Wayne, PA. Participants will share struggles, strategies, and success as they work together over four weeks to create visual and lasting change in their environments by learning how to get organized. Each participant will learn what works (and what doesn't work) for them, and then apply it to a project of their own choosing. Enrollment forms can be found at www.ClearPathStrategies.com.

Darla DeMorrow, a Certified Professional Organizer ® and Board member of the National Association of Professional Organizers-Greater Philadelphia Chapter (NAPO-GPC), says that efforts to get organized early can pay off all year long. "The 80/20 rule really works for you in January. Find the 20% of your stuff, activities, and information that you use all the time, and make sure you can get to them when you need them. The other 80% should be stored appropriately, archived, discarded, donated or sold," says DeMorrow. "In about 30 minutes, we can easily find 30 pounds or more of stuff to remove or store more efficiently when someone wants to get organized. And that feels great, just like a weight being lifted off of you. Then you can spend time doing what you want to be doing, instead

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of shuffling, searching and re-organizing before you spend time on the important stuff.” Spend more time completing projects than shuffling paper piles. Spend more time getting healthy than reorganizing the sports gear. Spend more time with the family than re-organizing the closets, calendar and computer.

According to a recent survey conducted on behalf of NAPO, respondents agree—getting organized is definitely a necessity. Of those polled, 71 percent said their quality of life would improve if they were better organized.

- 65 percent described their home as at least moderately disorganized.
- 27 percent said disorder keeps them from being effective at work.

Just like any resolution, the trick to organizing success is getting started. Those with resolutions can choose one of the upcoming programs to get some real support meeting January goals.

HeartWork Organizing provides professional organizing, real estate staging, interior redesign, and public speaking. They help busy people reclaim their space, time, and information around the Greater Philadelphia area and throughout the country. Through consulting, hands-on work and education, HeartWork Organizing specializes in creating beautiful spaces that really work. Darla DeMorrow is a certified Home Staging Professional, Certified Professional Organizer®, and Redesign Specialist. Contact HeartWork Organizing at 856-905-3202, Darla@HeartWorkOrg.com or learn more at www.HeartWorkOrg.com.