

Is your stuff taking  
over your life?

Are you overwhelmed by  
clutter in your home?



Age Matters 'Buried in a Lifetime of Treasure' program can help.  
This FREE program is aimed at people over the age of 55 who  
are feeling overwhelmed by their belongings.

Over 15 weeks you'll work through the 'Buried in Treasure' program with  
our team, alongside others going through a shared experience. You'll learn  
to understand hoarding behaviours, build skills and start to make gradual  
changes to manage clutter in a friendly and supportive place.

Lighthouse Wollongong - 'Sunshine room'  
1 Railway Station Square, Wollongong

Every Wednesday starting 12 May  
10.30am to 11.45am

If you're ready for a change,  
please call 4221 8642 or  
email [info@agematters.org.au](mailto:info@agematters.org.au)

Age Matters has a vision for no older person to be homeless,  
isolated or without purpose. We engage the community to empower  
older people to live independent, purposeful and connected lives.  
This project is made possible through funding from Coordinare.

**AGE**  
**MATTERS**  
*An initiative of IRT Group*