



April is “Stress Awareness” Month

News Release

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Relieve Stress Caused by Disorganization NAPO-Los Angeles Launches New Website

April, “Stress Awareness Month”, is a good time to do some spring-cleaning and *streamlining* and the National Association of Professional Organizers-Los Angeles Chapter (NAPO-LA) is making the process easy. NAPO-LA just launched a new website, www.napola.org. The site features a streamlined look and an easy-to-use search function to find just the right organizer.

The “Find an Organizer” option narrows your search by geography and by the area that needs organizing (such as residential, closet design, office, and relocation.) Organizers specializing in clients diagnosed with Attention Deficit Disorder, hoarders and those who have other special needs can also be found.

“We are expected to accomplish more each day, often with fewer resources. If clutter is adding to your stress level, professional organizers can develop simple, organized systems and remove the word ‘overwhelmed’ from your vocabulary,” states Chris McKenry, NAPO-LA president. “Our members are able to access your needs and teach the organizing principles needed to make life more productive.”

The site features a video showcasing the work of professional organizers. In January, during “Get Organized” Month, 20 volunteers from NAPO-LA organized the local offices of the National Council of Jewish Women (NCJW/LA). NCJW/LA is a non-sectarian, non-profit organization that provides life-changing services to women and children. The organizing efforts were video taped and can be seen by visiting www.napola.org and selecting “Get Organized Month” under the “Events & Programs” menu.

NAPO is the premier association dedicated to the field of organizing. NAPO members coach and consult their clients to purge their belongings, streamline their offices, set up systems and routines, maximize the space they have, and can also oversee a move to a new home.

The National Association of Professional Organizers began in 1985 in Los Angeles with just five members. Today, it’s a national organization with 3,400 members and growing.

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