



FAMILY SOLUTIONS

JANUARY NEWSLETTER



FLEX CARE SOLUTIONS
A DIVISION OF AT EASE FAMILY SOLUTIONS



NEW YEAR, NEW RESOLUTIONS!

Prioritize Self-Care with At Ease Family & Flex Care Solutions



Happy New Year!



We hope this message finds you refreshed and ready for a year filled with joy and new opportunities. As we embark on this exciting journey, we encourage you to consider incorporating a touch of self-care into your resolutions for 2024.



In this newsletter you will find:

Resolutions to look forward to and the services At Ease Family & Flex Care Solutions can offer to help you achieve your New Year's Resolutions!

www.ateasefamilysolutions.com



Discover At Ease Family & Flex Care Solutions

AT AT EASE FAMILY & FLEX CARE SOLUTIONS, WE UNDERSTAND THE IMPORTANCE OF THESE RESOLUTIONS AND RECOGNIZE THE CHALLENGES THAT CAN ARISE WHEN IT COMES TO SECURING RELIABLE CARE FOR YOUR LOVED ONES. THAT'S WHERE WE COME IN!

- 1. Nannies and Babysitters:** Enjoy your date nights or ladies night out with peace of mind, knowing that your little ones are in capable and caring hands.
- 2. Event Coordination:** Whether it's a special date night or a ladies night out event, we can assist with event coordination and provide childcare services to ensure a seamless and enjoyable experience.
- 3. Household Staffing:** From household managers to private chefs, our agency can help you recruit and hire qualified and trustworthy professionals to support your daily life.

Make 2024 the year of self-care, starting with these resolutions. Allow us to be your partner in achieving your goals by providing reliable and flexible care solutions tailored to your needs.

If you have any questions or would like to explore how At Ease Flex Care Solutions can support your resolutions, feel free to reach out. Here's to a fantastic year filled with love, laughter, and self-care!



Resolution #1:

More Date Nights Make quality time a priority by scheduling regular date nights. Whether it's a cozy dinner, a movie night, or a spontaneous adventure, strengthening your connection with your loved one is a wonderful goal for the year ahead.



Resolution #2:

Ladies Night Out For the ladies, an occasional night out filled with laughter, good company, and a change of scenery can do wonders for overall well-being. Whether it's a movie night, dinner, or a fun activity, investing time in nurturing your friendships is a resolution worth pursuing.