

House to Home Services is Selected as a Unique Health Provider

PHOENIX, Ariz., July 21 (SEND2PRESS NEWSWIRE) – What do moving and health have in common? Well, according to EmpowHer, a lot! That's why this online resource dedicated to helping women has selected House to Home Services, LLC, a moving company with a heart, to be one of its unique health providers.



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Everyone knows moving can be stressful no matter what the reason or time of life. And, EmpowHer believes that services such as House to Home positively contribute to the mental well-being of women.

House to Home Services is not a moving company; they are moving managers who specialize in working with downsizing baby boomers and seniors who are transitioning from a home into an active lifestyle community, care residence or nursing home.

"We're here to make the transition easy and stress-free," Janice Montana, president and CEO of House to Home Services, says. Our staff provides hands-on assistance – we pack, unpack, arrange for computer installation, hang pictures and more. When clients arrive to their new home all they have to do is prop up their feet and settle in."

The staff at EmpowHer recognizes that mental health contributes to physical

health. Mental stress can manifest itself in many shapes and forms. It can contribute to sleep loss, a compromised immune system and more.

“It’s important for women to have access to services such as House to Home when they are moving a loved one or making a transition of their own,” Michelle Robson, founder and chairman of EmpowHer, says.

About EmpowHer®

EmpowHer (www.EmpowHer.com) is dedicated to helping women improve their health and well being. It provides up-to-date medical information, access to leading medical experts and advocates, and a devoted community of women who ask questions, share stories and connect with one another in a safe and supportive environment.

About House to Home Services, LLC

House to Home Services, LLC is a division of BZM, Inc. which has been providing property management services to Arizona clients since 1997. House to Home Services is also a member of the National Association of Senior Move Managers (NASMM), the premier providers of senior relocation.

For more information, visit: www.h2hservices.org.

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