

Contact: Monée Williams  
Time Managed LLC  
612-324-9336  
[monee@timemanagedllc.com](mailto:monee@timemanagedllc.com)



FOR IMMEDIATE RELEASE

## **TIME MANAGED TACKLES TASKS AND MANAGES LIFESTYLES**

*Company works to give clients time back to do what they enjoy*

MINNEAPOLIS/ST. PAUL (August 17, 2015) – Time Managed LLC is here to change the way people in the Twin Cities use their time. The company launched earlier this year and is helping residential property managers and tenants, corporate employees and individuals tackle the tasks in their life. Time Managed is a full-service concierge and lifestyle management company offering personal assistant services to help clients be more intentional about their time and decrease their stress levels.

Household tasks and errands such as dry cleaning, event planning and gift arranging consume approximately one to two hours for each American every day (American Time Use Survey, Bureau of Labor Statistics, 2014). And the tasks and errands are often sources of stress. In a stress survey conducted by the American Psychological Association, adults reported having high stress levels and believed that stress management is important. However of the almost two-thirds of those polled only a third indicated having enough time to make changes in their lives to reach healthier stress levels (Stress in America Study, 2014).

“We provide services that remove tasks from our clients’ lives,” said Monée Williams, owner of Time Managed. “As my company serves clients, we’re getting the tasks done and bringing them closer to healthier levels of stress by creating free time for them to do what they love.”

As a full-service personal assistant and concierge service providing lifestyle management services, Time Managed customizes its approach to meet the unique needs of each client. The company's talented staff gets to know each client and work together to determine the proper services to meet their needs. Their thorough approach helps clients know and feel confident that Time Managed has it covered and can help them with almost any service they need from start to finish.

"We pride ourselves in taking the time to get to know clients at the beginning and then we work in a way that works best for each individual client going forward," said Ms. Williams. "Our clients are so pleased when we step in and deliver stellar service to meet their needs. We do what it takes to get the job done!"

If you're a building owner, property manager or individual consumer and you want tasks completed by a company that truly cares about its customers' needs and well-being, contact Time Managed LLC. For more information, visit [www.timemanagedllc.com](http://www.timemanagedllc.com).

###

Time Managed LLC is a full-service personal assistant and concierge service. Established in 2015, the company provides customized services to meet the needs of clients. Services include errand management, entertainment and gift arrangements, event planning and execution and much more.