



## Empowered Health Consciousness The Wellness Alternative

May 10, 2023 6-7:30pm at the Oneida Public Library

Join us for this free session open to all adults! We will learn ways to embrace a healthy lifestyle and increase overall wellness. We will discuss alternatives to prescription medication and ways to reduce prescription drug misuse.

Questions?  
Contact Julie Hengst at  
[jhengst@bridgescouncil.org](mailto:jhengst@bridgescouncil.org)



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STRENGTH. HOPE. COMMUNITY.