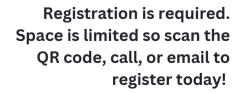


TAKE A FREE WELLNESS CLASS with BRiDGES at the Lavender Festival!

Saturday, July 6, 2024 Farmstead 1868, Cazenovia

Learn techniques to help manage stress at home and at work

Build your own wellness kit to take with you!



Questions? Contact Julie Hengst at jhengst@bridgescouncil.org or 315-697-3947