



**BRiDGES**  
STRENGTH. HOPE. COMMUNITY.

# 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!**

Registration is required.  
Space is limited so scan the  
QR code, call, or email to  
register today!



Questions? Contact Julie Hengst at  
[jhengst@bridgescouncil.org](mailto:jhengst@bridgescouncil.org) or 315-697-3947