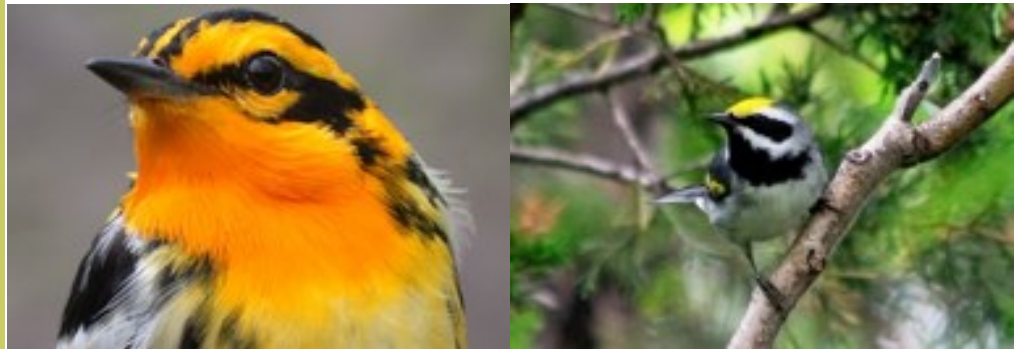


MONTGOMERY, RICHFORD AND ENOSBURGH CONSERVATION
COMMISSIONS PRESENT:

BIRDING AND WELLNESS

WITH THE BIRD DIVA
BRIDGET BUTLER

TUESDAY
MAY 18TH
2021
7PM
VIA ZOOM



*All photos courtesy of
Audubon Vermont*

For More Information
Contact the Richford
Conservation Commission at
RichfordConservation@
gmail.com

In the midst of this unprecedented time, people are in need of daily practices to cope and to maintain their well-being. What would it look like if we used our interest in birds to reduce stress and anxiety and return to our senses in an effort to practice wellness?

Join **Bird Diva Bridget Butler** for a presentation and discussion exploring how birding can boost our well-being and stave off stress and anxiety.

Register in advance for this presentation:

<https://us02web.zoom.us/meeting/register/tZctcO-gqzouG9bbDCcI0UtB-enLGXpC6nF6>

After registering, you will receive a confirmation email containing information about joining the presentation.

Sponsored by the **Montgomery, Richford and Enosburgh Conservation Commissions**. Free and open to the public.

Donations towards future events of accepted.