

**Saturday, July 19th from 8am-5pm**  
*at Chateau Safflyn (former home of Rostropovich)*  
*350 Galina Lane, Mohawk, NY*

## *Women's Wellness Conference*

*at Gelston Castle Estate*

Join us for a day in an atmosphere where women can release their stress, learn proper nutrition, promote good health, and learn new methods to self healing and self appreciation

Our theme: "I'm a Success Story"

Our program starts with a nutritional breakfast at 8:00am followed by speakers, workshops and free giveaways. Lunch will be served at noon while vendors, services and demonstrations will be on site all day

**Conference Tickets: \$50 per person**

A portion of the proceeds will go to promote Breast Cancer Awareness

**To VOLUNTEER, SPONSOR  
or be a VENDOR contact:**  
Blase Sylvester - (315) 867-7058  
blase@safflyn.com  
980 Robinson Rd, Mohawk, NY 13407

**Vendors:**  
Indoor space limited to 8x8 area  
Outdoor space is unlimited  
\$50 vendor fee

**Sponsored by:**  
Chateau Safflyn, Andela Products,  
Jill Rae Signs, Tranquil Therapeutic Massage, and WISP



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