

# A BRIDGE AND BEYOND

DECEMBER 2022

*Happy Holidays*



TO EACH ONE OF YOU:

Pausing for reflection at this end of year, we are reminded of how grateful we are to have all of you in our BRIDGES circle. Whether the holidays make you happy or sad, lively, or stressed, one thing we can all feel is gratitude and that is why we extend our personal thanks to you—for showing up, for trusting us with your health or the health of a loved one, for your smiling faces, and your feedback.

BRIDGES is rooted in relationships, health, and growth and you are the ones who bring it to life everyday with energy, new perspectives, hard work, and dedication. We are also so thankful to all the new and existing individuals and families who allow us into their lives to assist them with their most personal of journeys.

BRIDGES wishes everyone a happy holiday season and a prosperous new year.

We look forward to continuing to grow with all of you in 2023!

On behalf of BRIDGES, stay well,

*Lori Pendroff, M.S.,  
Executive Director*

