

# LIGHTEN UP

Letting go of what weighs us down

Join the Saturday Morning  
Windsor AFG for our

## AL-ANON 50TH ANNIVERSARY CELEBRATION

Saturday, May 10, 2025

9:00am Potluck Breakfast

10:30am-Noon Speakers

**The Heart Church**

(formerly Poquonock Community Church)

1817 Poquonock Ave. Windsor, CT

Guests are Welcome, as are  
Breakfast Items for Potluck.

