



Presents...

A Mini-Community Conference for Realigning,
Reconnecting & Reimagining Wellness



Free workshops on wellness, housing rights, and
a 1-hour stretching session from
Strech'd Out Buffalo! **Free lunch served!**
RAFFLE BASKET GIVE AWAY!

Date:

Wednesday, 8/20/25

Time:

9:30 AM – 2:30 PM

Location:

Downtown Buffalo Public Library
Central Meeting Room
1 Lafayette Square, Buffalo, NY

SCAN HERE TO REGISTER



Transit & Parking for the Conference



Metro Rail

(best option if you don't want to pay for parking)

Use University Station or **LaSalle Station (Park & Ride available)**.

Exit at Lafayette Square Station — 1 block from the Library.

Walk to the Library via Washington or Ellicott Street.

Bus Routes Nearby

Bus stop is 1 block from the Library at the NFTA Terminal.

Nearby routes: #1 William, #2 Clinton, #4 Broadway, #6 Sycamore, #8 Main

Parking

No library lot.

Nearby paid options:

AllPro Lot (north of Library)

Street parking on Oak, Clinton, Washington, William, Ellicott & Broadway

Accessible Parking

Meters on:

Oak St.

William St.

Clinton St.

\$2/hr, 2-hour max (Mon–Fri, 8 AM–5 PM)

Pay by quarters or at Washington St. pay station (cash/card)

Download the Buffalo Roam app to pay, extend, and manage your parking session from your mobile phone.