

Gathering of Mothers

When: Thursday, May 12th, 2016 at 6:00 PM - 8:00 PM

Where: Catt. Community Health & Wellness Center (Grand Room)

36 Thomas Indian School Drive, Irving, NY 14081

Who: Expectant Mothers & New Mothers

Come to an Evening of Learning & Sharing

-  **6:00PM: Welcoming Remarks**
 -  **6:10PM: Prenatal Exercises/Stretches & Back Massage**
 -  **6:20PM: “I Will Love You Forever” (In Seneca)**
 -  **6:30PM: Healthy Refreshments**
 -  **6:45PM: Guest Speaker (Topic: Birth Control Options)**
 -  **7:30PM: Games (You Could Win a Prize For Your Baby)**
 -  **7:50PM: Monthly Door Prize**
- *Raffle Tickets Are Earned By Attending The Prenatal Education Sessions Held Every Wednesday From 8 AM – 4 PM in the CIRHC Conference Room***
- *Participants must be eligible for services at the Seneca Nation Health System***

Additional Information Contact: Vivian Curry, Health Educator (716)532-8223, ext. 5268



SENECA NATION HEALTH SYSTEM