

Gathering of Mothers

When: Thursday, July 14th, 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: Exercise and Movement



6:20PM: Seneca Language Lesson



6:30PM: Healthy Refreshments



6:45PM: Guest Speaker: Ann Gramlich, M.S.

Topic: Exercise, Play, and Rest



7:30PM: Game Time



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: Denise Mohawk, HOPE Unit (716)532-8223, ext. 5290



SENECA NATION HEALTH SYSTEM