

# Gathering of Mothers

**When: Thursday, Oct. 13th, 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/Stretches**



**6:20PM: "I Will Love You Forever" (In Seneca)**



**6:30PM: Healthy Refreshments**



**6:45PM: Guest Speaker (Topic: Oral Health)**



**7:30PM: Relaxation & Back Massages**



**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\***

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



**SENECA NATION HEALTH SYSTEM**