

Gathering of Mothers

When: Thursday, Dec. 8th, 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: Post Partum)



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



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