

SELF CARE

DIY BODY SCRUB



Scrub-a-dub-dub!!

A hot bath is a great way to practice mindfulness and practice self care. Make your own body scrub during our virtual DIY hangout and learn a little bit about making self care a priority.

Parents are encouraged to help.

Tuesday, April 20th - 6:00 p.m. - 7:00 p.m.
RSVP to Jennifer for virtual access and to pickup your materials.

NATIVE
connections
Honor your journey.



Youths ages 24 and under RSVP:

Jennifer Stebbins

716.532.5583 ext. 5433
jstebbins@senecahealth.org

You must RSVP to get access.

Please note that every COVID-19 safety precaution will be taken when picking up your materials. Please wear your mask and respect the six-foot social distant rule.



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