

# Family Self-Care and Stress Reduction Night



## DETAILS:

It is important to take care of your mind and body. Practicing self-care will help you boost your immune system and improve productivity so join us for some stress-relieving activities. Youths and Adults will be split up into different areas so you can be with your peers. Be sure to pre-register!

**Seneca Clubhouse Cattaraugus Gym**

October 5th  
6:00 - 7:00 p.m.

**Allegany Community Center Gym**

October 7th  
6:00 - 7:00 p.m.

COVID protocols will be in effect so please be sure to mask up and practice the six-foot social distance rule.

**NATIVEO**  
connections  
Honor your journey.



SENECA NATION  
HEALTH SYSTEM



**This event is for youths  
ages 12 -24 and their  
families RSVP:**

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