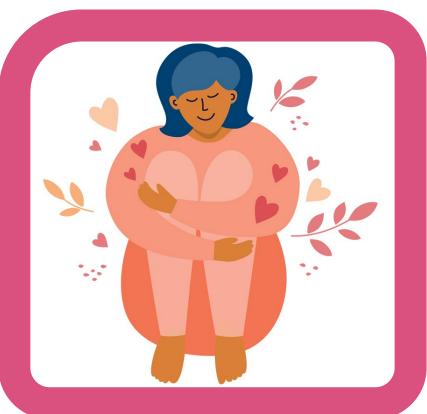
Family Self-Care and Stress Reduction Night



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 Commuity 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.





SENECA NATION HEALTH SYSTEM



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

Jennifer Stebbins

716.532.5583 ext. 5433 jstebbins@senecahealth.org