

EXPLORE

FAMILY GEOCACHING



**Gather your family and get ready to discover nature!
Geocaching is a great way to enjoy a multitude of mental
health activities like:**

MINDFULNESS | EXERCISE | ENJOYING NATURE

**Monday, August 15th
5:00 - 7:00 p.m.
Both Seneca Clubhouses
Call to RSVP and to
reserve your gear.**

**This event is for youths ages
24 and under and
their families
RSVP to:
716.532.8190**

NATIVE 
connections
Honor your journey.



SENECA NATION
HEALTH SYSTEM