



Self Care Day



October is Domestic Violence Awareness Month, and taking care of yourself is crucial for those on the path to healing their mind, body, and soul.

Come join the Sac and Fox Nation Division for Victims of Crime for a day dedicated to self-care! Anthony Ramirez Exercise Specialist with the Black Hawk Health center has some exciting activities planned for us. Let's take this opportunity to prioritize our well-being and come together to support each other.

DATE: 10/17/2024

LOCATION:

355797 THAKIWAKI RD.

TIME: 11:00 AM-2:00 PM

STROUD, OK 74079

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FEATURING

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