



A good mind. A good heart. A strong fire.

# Health and

# Wellness Expo

## JANUARY 23, 2025

### 11:00 AM - 2:30 PM

## Oneida Community Health Center

- INFORMATIONAL BOOTHS • BLOOD PRESSURE CHECKS • RECIPES
- NEW ONEIDA TRAIL GUIDES • GIVEAWAYS • AND MORE

### Expert Presentations

**11:00 AM Dr. Robert Dempsey**  
Stroke and Brain Health in the Oneida Nation

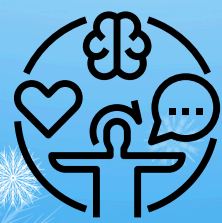
**12:00 PM Dr. Christine Garstka**  
Power of Connection for our Mental Wellness

**1:00 PM Stephenie Muscavitch**  
Health and Wellness Stored in Our History

Space is limited for presentations.

Facebook Live Stream - Oneida Comprehensive Health Division

**FREE EVENT**



**ALL ARE WELCOME**

Need more information?

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11/21/2024