



Let's exhale & take a walk!

Join us for a refreshing outdoor walk designed especially for mothers to connect, move, and breathe together. As we walk, we'll have an open, supportive discussion about the benefits of fresh air and gentle exercise. All walking levels are welcome – come as you are and enjoy time for yourself alongside other mothers.



THURSDAY, AUGUST 6 & AUGUST 20
FROM 5:30–7:30 PM IN DELAWARE PARK, BUFFALO

✱ We will meet & begin walking at the park entrance near the playground behind the zoo at 6pm sharp. ✱

Shannon Carter proudly serves as the Director of Special Projects for the Buffalo Federation of Neighborhood Centers. A natural trainer with a passion for empowering others, Shannon is dedicated to helping people learn, grow, and thrive in every area of their lives.

Please register:
<https://www.zeffy.com/en-US/ticketing/mommy-matters-goes-outside>

For more information call (716) 852-5065



BFNC
Buffalo Federation of
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Health Foundation
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