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Walking Group hosted by Cayuga County WIC

The Cayuga County WIC program is pleased to offer a new opportunity for families to connect with one another. The winter months can be lonely, especially for new moms and stay-at-home moms. Our Walking Group is here to help support you and your family get through the winter months all while socializing and exercising with other families! Our walking group will meet at the Fingerlakes Mall in the Business Center room on the second and fourth Saturday of each month from 11am -12pm.

The start date for the walking group is Saturday January 12, 2019. It is free to attend and open to current WIC participants, including moms, dads, grandparents or legal guardians and those interested in learning more about WIC.

Our Peer Counselor Maya Hinton will be leading the group meetings. If you have questions you can call or text Maya at 315-209-9197 or email her at mhinton@cayugacounty.us
