



NEW HORIZONS

HYDRATION 101

Welcome to the first full month of Summer!

As the temperature outside goes up, we need to know how to stay cool and hydrated! Please join us to discuss valuable information about the importance of staying hydrated and the risks associated with dehydration. Staying cool and staying hydrated can boost your energy, digestion, and mood all summer long! Presented by the Ellenville Regional Rural Health Network.

TUESDAY, JULY 28TH AT 1:00 PM

ELLENVILLE SENIOR HOUSING COMMUNITY ROOM

15 HEALTHY WAY ELLENVILLE, NY

PLEASE REGISTER BY JULY 24TH

CALL (845) 647-6400 EXT 215

