

# Hampton AM Activity Center

presents

## Healthy Hydration Program



Hampton AM Activity Center welcomes Krystal Corrion, from Brookdale Senior Living, to talk about the importance and staying hydrated. Among older people dehydration is one of the most common issues with health especially during humid, high temperature weather. All attending will be entered in a drawing for a gift card. Get some valuable information and good luck on your chances of being a winner.

A delicious healthy lunch to follow program.

This invitation is extended to the 60 plus population.

Location: Hampton AM Activity Center, 801 W. Center Ave. Essexville

Wednesday, September 20, 2017

11:00—12:00 p.m. Program  
12:00 noon Lunch

Suggested donation for Lunch:  
\$2.50 (60 years & better)

Menu: Entrée: Patty Melt on Bun, Fries, Green and Yellow Beans, Peanut Butter Cookie  
choice of salad or sandwich: Salad: Chef or Sandwich: Grilled Meatloaf

Call Irma for any transportation requests and reservations at  
895-5968 on Mon.—Thurs. from 10:00—2:00 p.m. or main office at  
895-4100 or toll free 1-877-229-9960.

Visit our web page at [www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)  
Like us on Facebook: [facebook.com/Bay County Division on Aging](https://facebook.com/BayCountyDivisiononAging)

-----

|                                   |                                      |              |                 |
|-----------------------------------|--------------------------------------|--------------|-----------------|
| Name: _____                       | Phone #: _____                       |              |                 |
| Address: _____                    | Amt. Paid: _____                     |              |                 |
| Indicate menu request:            | Entrée: _____                        | Salad: _____ | Sandwich: _____ |
| Eligible (60 yrs. & better) _____ | Non Eligible (59 yrs. & under) _____ |              |                 |