



Riverside Activity Center

Presents

Healthy Hydration Program

Riverside Activity Center welcomes Kristal Corrión, Brookdale Senior Living, speaking about Healthy Hydration. Whether it's the hot summer months or the cold months of winter, the importance to maintain adequate hydration is vitally important. Human bodies are made up of 70% water. Water is essential for our bodies to function correctly. Water also maintains joint and skin health. She will offer tips on proper hydration and all who attended receive a bottle of cool, clean water.

This program is an invitation to the 60 plus population.

Tuesday, August 15, 2017

Location: Riverside Activity Center, 800 J. F. Kennedy Drive, Bay City, 48706

11:00—11:30 a.m. Presentation
12:00 noon Dinner



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

Choice of entrée, salad or sandwich:

Entrée: Baked Turkey, Mashed Potatoes, Turkey Gravy, Squash, Pear

Salad: Crispy Chicken or Sandwich: Chix Cordon Bleu

Call Sandy for any transportation requests and reservations at 893-7070 or toll free 1-877-229-9960.

Visit our web page at www.baycounty-mi.gov/Aging/ for more exciting opportunities

Like us on Facebook: www.facebook.com/Bay County Department on Aging

Name: _____ Phone #: _____

Address: _____ Amount Paid: _____

Indicate menu request: Entrée: _____ Salad _____ Sandwich _____

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event.

Rs Hydration Program