

# Hydration

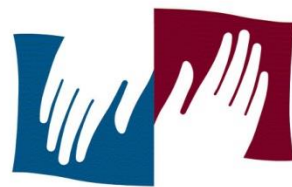
## Health Talk

Come join us and learn why dehydration can be a serious problem, what causes it and how to avoid it.

When: Tuesday, June 21

Time: 1:30 p.m.

Where: The Commons



**LEGACY**  
HEALTHCARE SERVICES

