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# The Benefits of Drinking Water

When was the last time you drank water? Many of us don't get the water that our bodies need. Remember that our bodies are made up mostly of water. Join us to learn about why it's important to keep hydrated and what you can do to get enough water throughout the day.

**Thursday, July 19, 2018**  
**10:30 AM**

For more information on our services, contact Independence at Home at 866-421-1964.