



ONLINE
**Fostering Creative
Connections**

Wednesday
May 12
10 a.m.

Social connections are important throughout our life, and in the same way we eat well or be physically active, we need to work to maintain and create friendships. Join us as we discuss the value of social connections and share simple strategies to engage in your community.

ONLINE
**Healthy Hydration -
Rethink Your Drink**

Wednesday
May 26
10 a.m.

As the warmer months approach, staying hydrated becomes even more important. Learn about the importance of staying hydrated and easy tips to increase your fluid intake in a healthy way.

To register, call **(603) 224-4093, ext. 5815** or visit www.granitevna.org/onlineprograms.

Registration is required and space is limited.
Once your registration is confirmed, you will receive a link to the program.
Technical instruction is available to participate in the group.

30 Pillsbury Street | Concord, NH 03301 • (603) 224-4093 | (800) 924-8620 • www.granitevna.org
Branches in Laconia and Wolfeboro

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