



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.

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Branches in Laconia and Wolfeboro

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