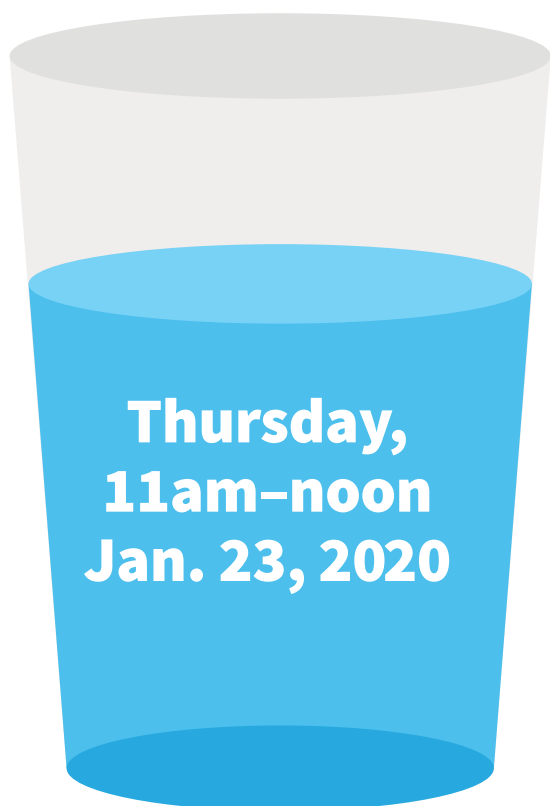




Stay Hydrated, Stay Healthy



Are you feeling very thirsty? Maybe you're not *eating* enough water. Yes, you read that right!

Drinking water is still vital, but new research suggests you can get water from certain foods too. Drinking "Eight glasses of water" is only part of the story.

Come learn about:

- * Why good hydration is important
- * Health problems related to dehydration
- * Why we get dehydrated and what it looks like
- * Healthy hydrating drinks and foods
- * How to make your own electrolyte drink

Light refreshments provided.



Presented by **Estelle Schneider, CLC**
Director of Community Learning and Empowerment. Estelle is a physical therapist and holistic health educator. She is looking forward to getting to know all the neighborhood networks!



**Meet at
Cornerstone
Trinity Baptist
Church**

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Blvd,
SF, CA 94112

For more information email Darlene Ramlose
darlene@sfcommunityliving.org



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