

Please RSVP via email to
SSciurba@KensingtonSL.com
or by calling 626-355-5700

Hydration and You

HEALTHPRO REHAB TEAM PRESENTS: DISCOVERY SERIES TOPIC FOR AUGUST

The Discovery series are monthly educational programs that have been developed to facilitate residents in staying healthy, more active, and confident in their ability to enjoy life.

Join us for an interactive discussion on healthy life style choices, day-to-day health, preventative measures to sustain healthy living, and a brief introduction to our *You CAN Teach an 'Old Dog' New Tricks* Series centered on incorporating wellness into daily living.

- Learn the facts and signs of dehydration
 - How dehydration affects your body
 - Learn the benefits of staying hydrated
 - Learn what water does for the body
 - Learn simple changes you can make



Speaker:
Krikor Sarafian, OTR

EVENT DETAILS

THURSDAY, AUGUST 8, 2019

From: 2:00pm – 3:00pm

at The Kensington
245 West Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-5700



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