



VNA Nurse

November Health Education for Seniors

Dehydration

What are the causes, signs and risks?

FREE

ONLY at the following Senior Centers on the dates below

<p><u>Friday</u> <u>Nov. 11</u></p>	<p><u>Tuesday</u> <u>Nov. 15</u></p>	<p><u>Wednesday</u> <u>Nov. 16</u></p>	<p><u>Thursday</u> <u>Nov. 17</u></p>
<p>Garland Senior Activity Center <u>9:45 AM</u> 600 W. Avenue A, Garland, TX 75040 972-205-2769</p>	<p>Carver Senior Center <u>10:30 AM</u> 222 Carver Garland, TX 75040 972-205-3305</p>	<p>Desoto Senior Activity Center <u>10:30 AM</u> 204 Lion Street Desoto, TX 75115 972-230-5825</p>	<p>Seagoville Senior Center <u>11:00 AM</u> 304 E. Farmers Seagoville, TX 75159 972-287-4113</p>
<p><u>Monday</u> <u>Nov. 28</u></p>	<p><u>Tuesday</u> <u>Nov. 29</u></p>	<p><u>Wednesday</u> <u>Nov. 30</u></p>	
<p>Hazel Goodbar Senior Center <u>10:30 AM</u> 3000 Concord Mesquite, TX 75150 972-279-6881</p>	<p>Evans Senior Center <u>11:00 AM</u> 1116 Hillcrest Mesquite, TX 75149 972-285-6761</p>	<p>Heritage Senior Center <u>10:30 AM</u> 200 S. Jefferson Irving, TX 75060 972-721-2496</p>	

VNA Health Promotion Program 214-689-2230

A Health Promotion Program sponsored by Dallas Area Agency on Aging, Texas Department on Aging and Disability Services and The Visiting Nurse Association of Texas (VNA)