



Keep Your Cool!

We look forward to summer weather each year through the long winter months, but heat brings its own challenges. Come to Healthy Hints this month and learn the risks of these hot, humid dog days of summer and learn tips to help beat the heat and keep you cool as a cucumber!

Greendale Monday, July 16, 10:45am

Coleman Thursday, July 19, 12:40pm

Mills Wednesday, July 25, 11:30am

Trailside & Sanford Thursday, July 26, 12:00pm



We encourage you to come for lunch before the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642