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**CITY OF KEARNEY**  
**PRESS RELEASE**  
***For Immediate Release***

Issued Date: Monday, June 20, 2022

Point of Contact: Sarah Haack, Reference Librarian, 308-233-3256

**Hydration Tips and Tricks Class at Kearney Public Library**

Nutrition is important, but so is hydration! Join Kaiti George, Hy-Vee Dietitian, to learn some tips and tricks on staying hydrated in the summer heat. She'll be bringing some free samples to share! This program will be Tuesday, June 28 at 12:00 p.m. at the Kearney Public Library. Feel free to bring your lunch and listen to the presentation. Registration is required. To register, visit [www.kearneylib.org](http://www.kearneylib.org) and click on "Events," or call the library at 308-233-3282.

The library is located at 2020 First Avenue. For more information call 308-233-3282 or visit [www.kearneylib.org](http://www.kearneylib.org).

***Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org).***

*We are sending this News Release as a service to the news media and citizens of Kearney.*

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