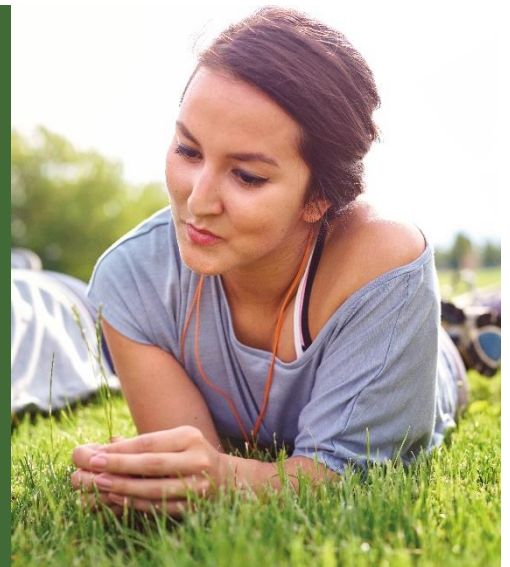


Hydration

Hydrate right



Hydration

Fill up on important information regarding how much water you should be drinking. Staying hydrated is crucial to our good health.

In this one hour webinar we will cover:

- What does water do for our bodies?
- How much fluid to take in?
- What counts? What type of foods and beverages help hydrate?
- Signs and symptoms of dehydration
- A plan for healthy hydration



Webinar Details

Date: Wed. Aug 12, 2020

Time: 10:00 AM - 11:00 AM

Webinar Link:

link8.12Hydration.sjc

Session Password (case sensitive):

Thrive123

Phone-In Option:

Call: 1(408) 418-9388

Access code: 133 690 8406

For better audio, we suggest you using the call-in number rather than listening through your computer