

YOU'RE INVITED TO OUR WEBINAR



THE TRUTH ABOUT STAYING HYDRATED

Friday 10th July • 12 -12:45 PM • on Zoom

In a world full of conflicting advice, it can be difficult to know whether you're drinking enough water or whether common hydration rules are actually true.

From energy levels and concentration to physical health and wellbeing, hydration plays a vital role in how we feel and perform every day. Join our Wellbeing Coaches, Grant and Carin, as they separate fact from fiction.

In this engaging session, we'll explore:

- ✓ **Recognise the signs and symptoms of dehydration** and understand their impact on health, energy, and performance.
- ✓ **Separate common hydration myths from the facts** and gain a clearer understanding of your body's water needs.
- ✓ **Understand the key factors that influence hydration** and learn simple habits to support healthy daily water intake.



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