RAISE A GLASS

Hydration is crucial for maintaining overall health and well-being. It's important to drink an adequate amount of water throughout the day to ensure optimal hydration.

SOME SIGNS OF DEHYDRATION:

- Extreme thirst
- Dark-colored urine
- Less frequent urination
- Fatigue
- Dizziness
- Confusion

Prevent dehydration by drinking an adequate amount of water throughout the day, especially during hot weather!

JCE CO-OP
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