



# 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!

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