

It's **WATER COOLER WEDNESDAY!!!**

Are you staying hydrated?!?! Here are some more benefits for staying hydrated. Something to think about!

HYDRATE! HYDRATE! HYDRATE!

NUTRITION FACT
If you drink a gallon of
water per day, you won't
have time for other
people's drama because
you'll be too busy peeing.
Stay hydrated my friends.

HR