

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

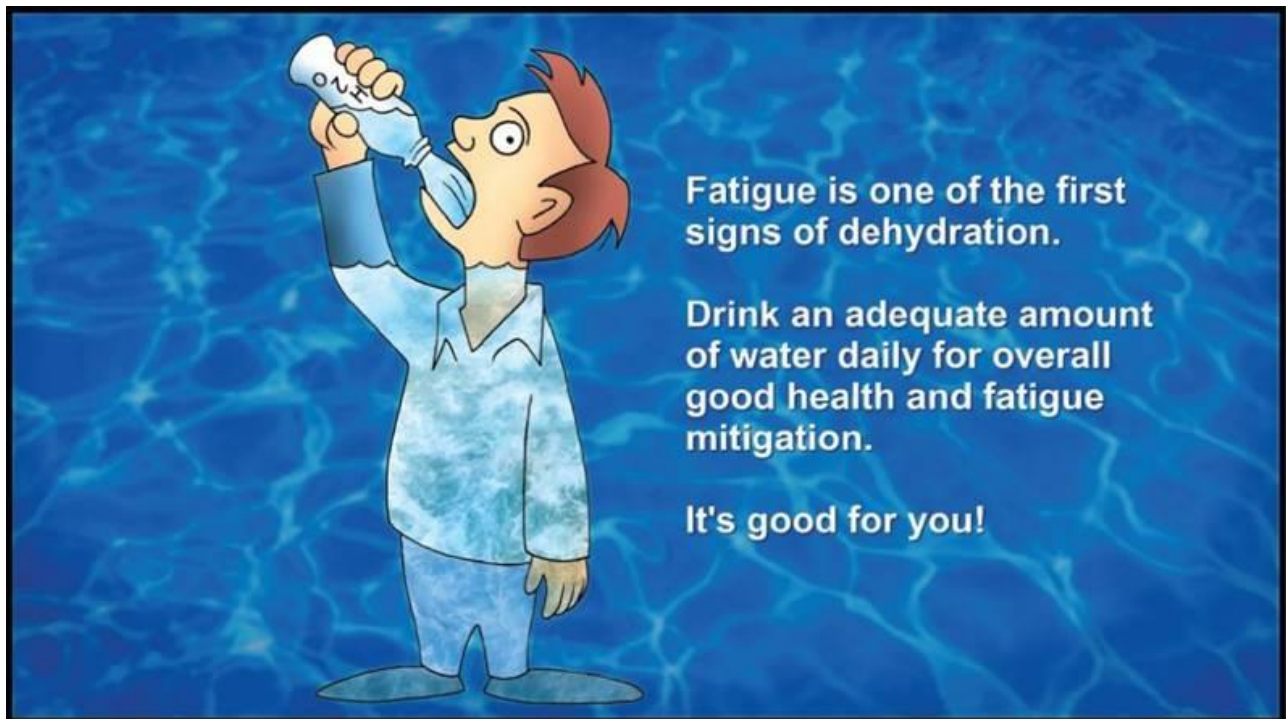
[Issued 5.13.20]

Are you staying hydrated?

Were you aware water helps prevent fatigue?

Something to think about!

## **HYDRATE! HYDRATE! HYDRATE!**



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