



## Stay Hydrated

### Health and Wellness

**Tip of the Week**  
**Week 27**  
**July 6, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

### The Essentials of Drinking Water

Why is it so important to drink water every day?  
Water helps your body:

- Keep a normal body temperature
- Cushion your joints
- Have a protective barrier between your spinal cord and sensitive tissues

Make sure you are getting your daily recommended ounces of water every day.

*Source: Centers for Disease Control and Prevention*

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