



Stay Hydrated

Health and Wellness

Tip of the Week Week 29 July 20, 2020

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

Make Drinking Water Easy

Follow these tips to make sure you are getting enough water:

- Carry a water bottle at work and while running errands
- Choose water over sugary drinks
- Order water when eating at a restaurant
- Add flavor to your water with a lemon, lime, berries and other fruits

Drinking water doesn't have to be boring! Get creative with ways to carry your water around and add natural flavors.

Source: Centers for Disease Control and Prevention

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