

Summer Issue



HYDRATION RULES

1. Drink at least 8 cups of water per day.
2. Eat hydrating foods, like cucumber, tomatoes, watermelon, grapes and apples.
3. Try using pre-flavored waters, a half water half juice mixture, or fruit-infused water.
4. If you are spending more time outdoors,

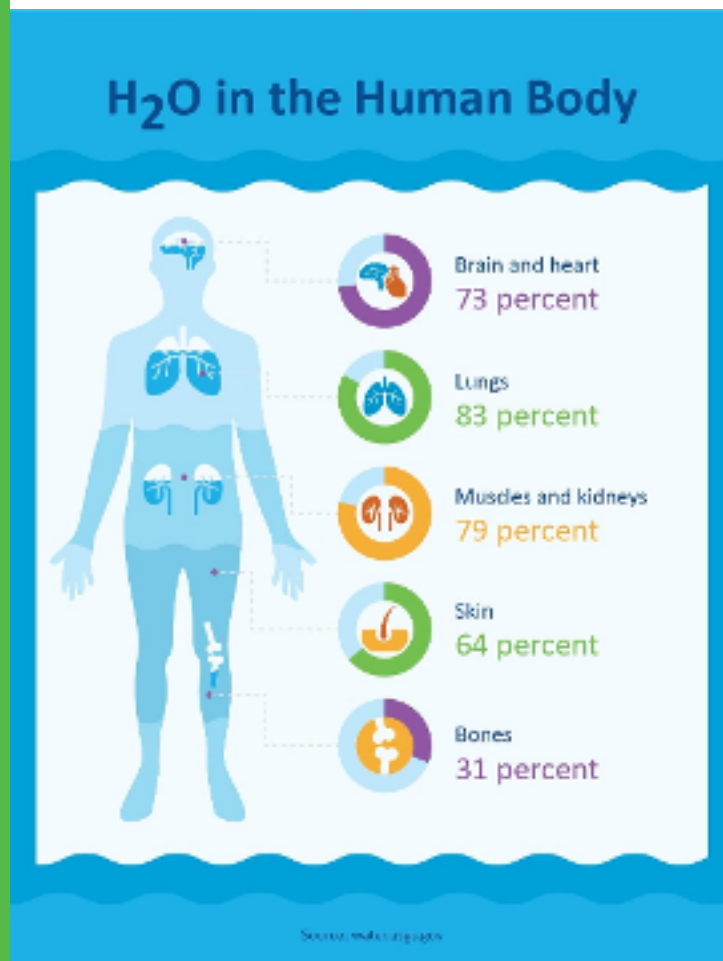
always drink more water, especially when sweating.

The key to hydration is to balance your fluid input & output.

If you are working out or in the heat, always drink more water.

ALWAYS WEAR YOUR MASK.

PROTECT YOURSELF AND OTHERS.



Source: medicalnewstoday.com

SPRING 2020 RECAP



1. VALENTINES DAY RECAP

2. PIZZA PARTY RECAP

3. MOVIE DAY RECAP



JUNE

JUNETEENTH CELEBRATION
GARDEN DAY

JULY

4th of JULY BBQ
SUMMER BIRTHDAY PARTY
CLAY DAY

AUGUST

PICNIC
PAINT DAY
ACTIVITY DAY



SUMMER BREEZE

Get out in the sun and get your Vitamin D in.