

# Hydration Station



## Why drink more water?

- 💧 May help prevent headaches
- 💧 Helps you think more clearly
- 💧 Flushes out toxins
- 💧 Can improve mood
- 💧 Boosts your immune system
- 💧 Helps you feel full - which may help you eat fewer calories
- 💧 Keeps your joints lubricated
- 💧 Fights tiredness

*Hydrate and feel great!*

