



BlueCross BlueShield
of New Mexico



HYDRATION AND EXERCISE

Date: August 27

Time: 8:30 a.m.

[Register Here](#)



Date: August 27

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- How to stay active during the summer months
- Signs of dehydration
- Impacts of dehydration on health and exercise
- How to prevent dehydration