



## Hydration and Exercise

**Date:** October 26

**Time:** 8:30 am

**[Register Here](#)**

**\*Only 15 mins!**



**Date:** October 26

**Time:** 3:45 pm

**[Register Here](#)**

**\*Only 15 mins!**



### **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