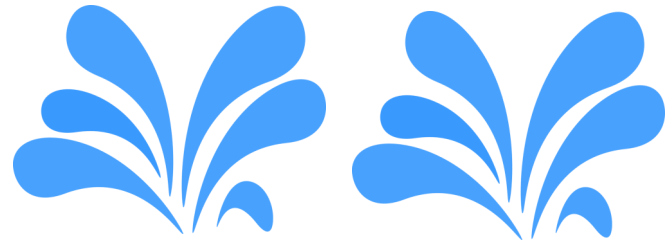


MMHG Wellness Presents:

Webinar– Summertime Hydration

**Tuesday, July 19th
11am-11:30am**



Everyone has been told that you're supposed to drink eight glasses of water a day, but the exact amount of water needed per day is very individualized. The reality is that there is a good chance you aren't getting enough water. Summertime is the perfect opportunity to infuse your water with its seasonal fruits, herbs and veggies. Make your hydrating efforts more delicious and nutritious! Learn how to create your own hydrating "mocktails" from a variety of ingredients, and to find out more about the benefits of staying hydrated this summer.

**No need to register in advance. Join the virtual workshop
by clicking on the following link at the scheduled time
(7/19/2022, 11:00 a.m.)**

<https://us02web.zoom.us/j/89245828736>

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