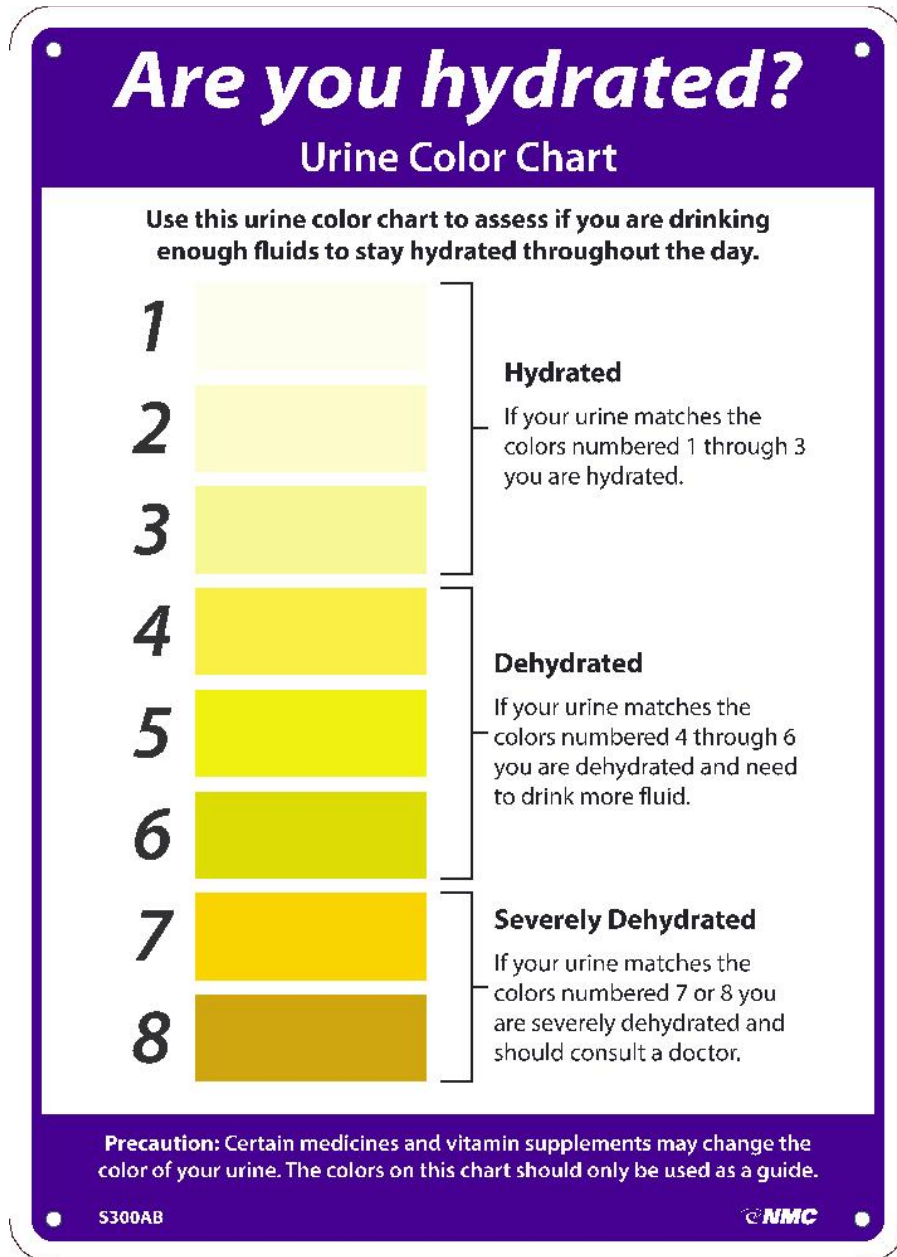


Hydration and YOU!



Best Drink Choices:

Milk

Juice

Sports Drinks (less sugar)

Water