

DEHYDRATION & PREVENTATIVE CARE

DRINK UP AND BEAT THE HEAT: UNDERSTANDING DEHYDRATION



DID YOU KNOW...?

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions.



Imagine that it is the peak of summer, and you have spent the last couple of hours outside in your garden with the afternoon sun beating down on your back. You walk inside and head straight for the sink. You have only one thing on your mind: an ice-cold glass of water.

Join **Texas A&M AgrLife Extension** for a discussion

on how we can beat the heat together by recognizing the signs of dehydration, understanding how it affects the body, and learning simple ways to stay safe and hydrated.

THURSDAY, JUNE 25th

2:00pm-4:00pm

East Bernard Library

Adults 18+



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