

When you are in the sun

have lots of fun!



But don't
forget to
hydrate!



Eat foods high in water

Live up water by infusing some flavours

Make
your own
ice lollies
using
sugar free
squash

Ditch the sugary snacks for some summer fruits

Warwickshire Hydration Partnership is a coming together of local, regional and national organisations to encourage better hydration for people of all ages across Warwickshire.

The partnership includes: Age UK, Compass, HEART, NHS Right Care, NHS South Warwickshire CCG, NHS South Warwickshire NHS Foundation Trust, NHS Warwickshire North CCG, Severn Trent Water, Warwickshire County Council, Warwickshire Fire Service