



Student Wellness Presents

Hydate & Create: Water Bottle Customization

Thursday, October 15th

12 PM - 2 PM

Wellness Center - Tsaile Campus

Lets express your personal style
and stay hydrated

This Event will include:

- Why Water Matters
- Signs of Dehydration
- Hydration & Academic Performance
- Water Bottle Customization

All Materials Provided

Questions? Contact

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