

rethink YOUR DRINK

Water is Life!

Health effects of drinking sugary beverages: diabetes, heart disease, tooth decay

Health benefits of drinking more water: every system in our bodies depends on water.

Choose water!

Take Action

Share with Others

Rethink Your Drink!

POST a picture of you drinking water **by June 30, 2019** on your Facebook or Instagram using the hashtag **#ACNSwater** and **@alamedacountynutrition** for a chance to **WIN** one of 20 **\$20** Amazon e-Gift Certificates! For official rules visit www.healthylivingforlife.org

Healthy Living
...for life!

Nutrition Services • Alameda County Public Health Department

Cal Fresh
HEALTHY LIVING