

To Our Community Members,

Join us as our organization along with many Alameda County non-profit and government agencies together celebrate Rethink Your Drink Month. During the month of May there will be many opportunities to Rethink Your Drink!



Have you been thinking about kicking your soda habit but just don't know how? Well join us on Facebook and Instagram social media at @alamedacountynutrition to learn ways to replace sugar sweetened beverages with tasty water! We have lots of opportunities to learn why we choose water and how making healthier beverages can change your life and health.

Join us for learning, activities, and contests the month of May as we work together towards a healthier Alameda County. For more information, resources, and tips for choosing water instead of sugary drinks, visit <https://acphd.org/nutrition-services/> and RethinkYourDrinkDay.com.

On behalf of us all, we look forward to seeing you all in person soon, but in the meantime please join for this virtual month of healthier beverage options.

With warmest regards,

Partner Name here