

Are You Tired? Hydration May Be the Key

Do you often find yourself tired, sluggish, dizzy, or urinating less frequently? If so, you may be dehydrated. The Faith Community Health team would like to remind you to drink at least three quarts of water each day. Activity and hot weather increase your need for water. Don't wait until you are thirsty to drink water, it may be too late. For more information on dehydration prevention visit <https://uihc.org/health-topics/dehydration>