

## **Co-op Education Opportunity**

**Stay Hydrated to Stay Healthy: Tasty DIY ways to stay hydrated, with Regina Zwilling Thursday, July 25 @ Odd Fellows Kitchen**

**Registration Open!**

Join Regina Zwilling at the Odd Fellows Kitchen on July 25th 5:30-7:30.

[Save \\$5 with the Early Bird Discount](#). \$20 members, \$25 non-members through July 17th!

Even mild dehydration can lead to lethargy, brain fog, headaches, sugar cravings and more. Rather than reaching for a sugary energy drink or soda that may leave you jittery and (sooner or later) lethargic, you can make your own homemade drinks that will provide your body with real energy from electrolytes, minerals, and satisfying hydration.

Participants will learn:

- \*How to know if you are truly hydrated
- \*Why you don't need to drink 8 glasses of water a day
- \*Why plain water isn't always your best option for maximum hydration

\*How to make your own tasty beverages at home

Come make and sample several super-hydrating recipes. We will use lots of seasonal, local goodies readily available in most home gardens or backyards. Enjoy our summertime abundance to get hydrated and healthy!

Space is limited. Pre-registration required. Children are welcome!



To Register go to:

<https://www.eventbrite.com/e/stay-hydrated-to-stay-healthy-tasty-diy-ways-to-stay-hydrated-registration-64954741380>