



# Thirsty for Information

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**Wednesday, July 8, 2020**

**10:00 AM to 11:00 AM Webinar Presentation**

How much water do you take in on a daily basis? In this informative session, Chris will talk about the importance of water for the well-being of your body, how to add more fluids to your diet, and what happens to your body when you do not get enough water. Staying hydrated in the summer months can seem difficult, but very important. Chris will introduce you to your body's thirst center and how that changes as we age. Sit down, enjoy and have a nice cold beverage handy!

Please join us for this important topic!  
Reservations are required.

*Elderwerks*  

**847-462-0885**

Webinar access information will be emailed after registration and prior to the event.

A FREE Webinar Discussion