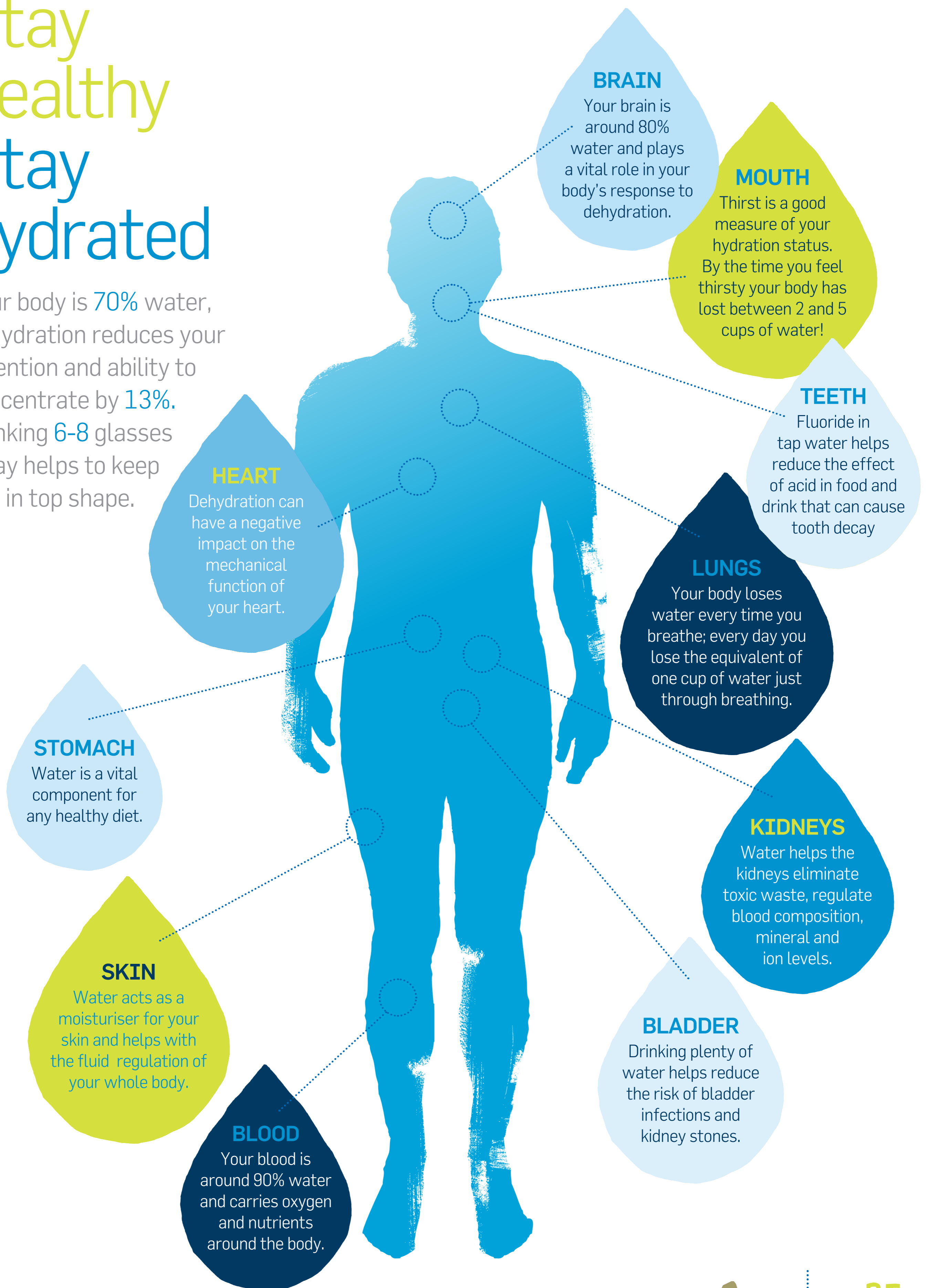


# Stay healthy Stay hydrated

Your body is 70% water, dehydration reduces your attention and ability to concentrate by 13%. Drinking 6-8 glasses a day helps to keep you in top shape.



For more facts about water visit our website

[tweed.nsw.gov.au/water-wastewater](http://tweed.nsw.gov.au/water-wastewater)

