



**Therapy
Professionals Ltd**

Physio, Speech Language, Music,
Occupational Therapists & Dietitians

World Water Day 22 March 2018

“Water, water everywhere and not a drop to drink”. We live in a world where we increasingly drink tea, coffee, energy drinks and carbonated fizzy drinks, none of which are great for our health.

We’ve forgotten that water is the “elixir of life” and we don’t drink enough of it.

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/high_temperatures_and_dehydration.pdf