

# ReThink YOUR DRINK

Discover how the beverages you choose impact your health, and learn simple tips to reduce added sugar for better overall wellness.

- Taste & Learn: Try delicious infused water recipes.
- See the Sugar: Experience our eye-opening “Sugar Show” presentation.
- Take It Home: Sign up to bring the Sugar Show to your school, workplace, or community group!

Join us for a fun, interactive way to rethink your drinks and make healthier choices.

