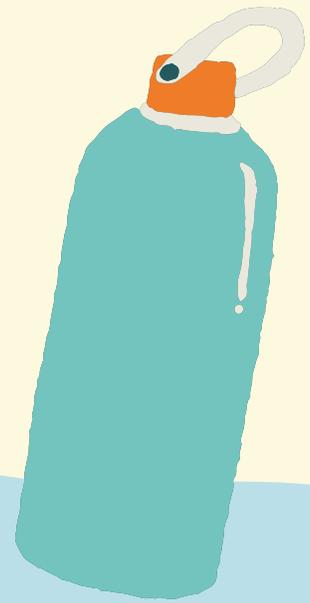


**Kittson Healthcare and
Kittson Healthcare Public Health**

Hydration Station



Did you know?:
The average person
should consume at
least 2 liters of water
a day.

Benefits of Drinking Water:

- Boosts energy levels.
- Flushes out toxins in the body.
- Keeps joints cushioned and lubricated.
- Delivers oxygen throughout the body.
- Regulates the digestive system.



“Kittson Healthcare is an Equal Opportunity Provider and Employer.”

