Water is Life!

Health effects of drinking sugary beverages: diabetes, heart disease, tooth decay

Health benefits of drinking more water: every system in our bodies depends on water.

Choose water!

Take Action

Share with Others

Rethink Your Drink!

POST a picture of you drinking water by June 30, 2019 on your Facebook or Instagram using the hashtag #ACNSwater and @alamedacountynutrition for a chance to WIN one of 20 $20 Amazon e-Gift Certificates! For official rules visit www.healthylivingforlife.org

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