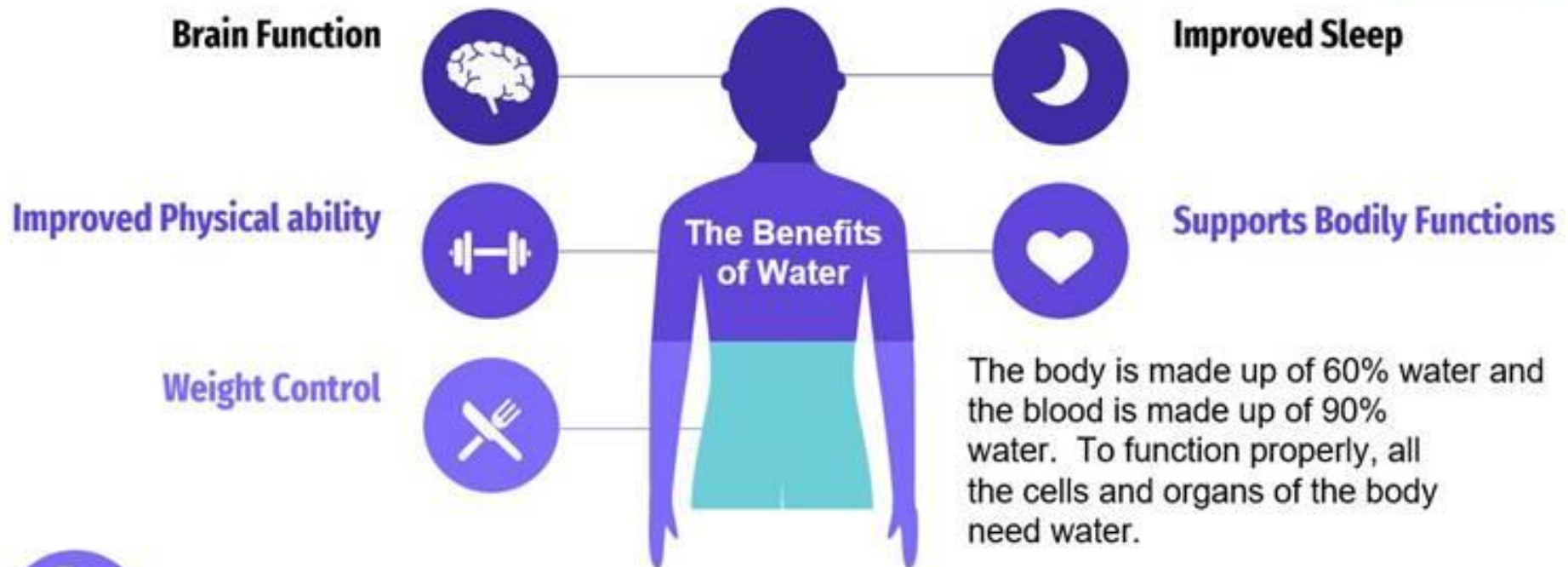


Wellbeing Wednesday



Your new trust water bottle is on it's way

ISSUE 3: Hydration



Additional Resources: <https://www.bda.uk.com/resource/the-importance-of-hydration.html>