



# Hydration Presentation

**Length:** 1hr

**Delivery modes:** Onsite & Virtual Presentation; Pre-recorded tutorials.

**Details:** Proper hydration boosts mental and physical wellbeing, as well as enhances cognitive performance – eliminating tiredness, relieving headaches, and decreasing stress.

This presentation shares healthy hydration techniques – educating on the evidence-based benefits of hydration for cognitive performance, kidney health, blood flow, energy levels, moods, and overall mental and physical wellbeing.

**Content includes:**

- Spotting the signs of dehydration, and ways to mitigate this
- Hydration for Mental, Physical & Brain Health
- Hydrating Foods
- Tips to stay hydrated throughout the day.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*