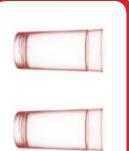


Are you drinking enough?



headaches, constipation and you're more likely to fall? increases the chance of you getting a urine infection, Did you know that only drinking 2 glasses of fluid a day



Did you know that things like yogurt, jelly, fruit and ice lollies also count towards your target?



day will help you stay well.

(unless you're recommended less by your GP)