



**SERVE** ME UP A GLASS

**WATER** PLEASE!



YOUR FRIENDS AT UCSF INVITE YOU TO A FUN WORKSHOP ON HEALTHY DRINKS FOR GROWING ATHLETES LIKE YOU! FIND OUT HOW MUCH SUGAR IS REALLY IN YOUR DRINKS AND WHY WATER IS THE BEST DRINK FOR YOU! AFTER OUR WORKSHOP, YOU'LL BE SAYING, "SERVE ME UP A GLASS OF WATER PLEASE!"

**WHAT:** *Healthy Hydration for Healthy Athletes: A Workshop on Healthy Beverages to Maximize Performance on the Courts and Beyond!*

**WHEN:** *Thursday, July 21, 2011 4:30-5:30 PM*

**WHERE:** *Mosswood Recreation Center*