



# COUNTY OF YOLO

Office of the County Administrator

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County Administrator

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**FOR IMMEDIATE RELEASE**  
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## **Rethink Your Drink Day May 10**

**(Woodland, CA)** – On May 10, the Yolo County CalFresh Healthy Living team and CommuniCare are hosting Rethink Your Drink Day at each of the CommuniCare Health Centers in Yolo County.

Rethink Your Drink Day is a part of a statewide day of action in May to inspire Californians to “refresh better” by choosing water instead of sugary drinks. At these public events, free infused waters will be available for sampling along with free recipes for making your own infused water and resource guides for tracking the amount of sugar in popular beverages. Attendees will also learn how to:

- Make simple and healthy fruit and herb-infused waters for different flavor cravings: herbal, sweet, tangy and tropical
- Make an Origami Flavor Finder: a fun folded paper game for children that promotes naturally flavored waters.
- Use the Beverage Breakdown: a digital tool to help you determine how much added sugar is in drinks that you and your family may drink every day, and positive changes you can make to be healthier.

The free Rethink Your Drink Day events will be held at the following CommuniCare locations and times:

- Salud Clinic at 500 B Jefferson Boulevard in West Sacramento; 10:00-11:30 a.m.
- Davis Community Clinic at 2051 John Jones Road in Davis; 1:00-2:30 p.m.
- Hansen Family Health Center at 215 West Beamer Street in Woodland; 3:00-4:30 p.m.

Rethink Your Drink Day events will take place outside in front of the lobbies and all are welcome to attend one or more of the events. Contact David Linebarger at [David.Linebarger@yolocounty.org](mailto:David.Linebarger@yolocounty.org) or (530) 666-8429 for more information and details.

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Attachment: Rethink Your Drink Day flyer in English and Spanish