

# Rethink Your Drink Day

May 10<sup>th</sup>, 2023

## Refresh Better and Rethink Your Drink

Pledge to Choose Water

- Visit one or more of CommuniCare's Health Centers on May 10<sup>th</sup> to try free infused water samples
- Get some recipe ideas for making your own infused water and more information on how much sugar is in your beverage of choice
- Make a pledge to refresh better and choose water!

*FREE infused water recipes, origami flavor finders (for kids), and stickers will be available to participants!*



### CommuniCare Health Centers

- Salud Clinic 10:00 – 11:30 a.m.  
500 B Jefferson Blvd. West Sacramento
- Davis Community Clinic 1:00 – 2:30 p.m.  
2051 John Jones Rd. Davis
- Hansen Family Health Center 3:00 – 4:30 p.m.  
215 West Beamer St. Woodland



Funded by USDA SNAP an equal opportunity provider and employer.

Visit [CalFreshHealthyLiving.org](https://CalFreshHealthyLiving.org) for healthy tips.