

**CALS Wellness and the Dietetics and Nutrition Club Present:
Nutrition-themed Lunch and Learns for Faculty, Staff and Students**

**Beat the Summer Heat with Healthful Tips to
Keep You Cool and Hydrated!**



**2pm – 3pm
Monday, July 25
227 Nutritional Sciences
(Snack will be served!)**



Summer is a great time to be in Madison, but the heat can be brutal! It's easy to reach for ice cream, sweetened iced beverages and those blended coffee drinks that are more like dessert...

Don't sacrifice your health in hot weather! Join us to learn about the science behind dehydration, and tips on how to keep cool and hydrated while you stay on track with your health goals.



**College of
Agricultural & Life Sciences**
UNIVERSITY OF WISCONSIN - MADISON



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Dietetics & Nutrition Club