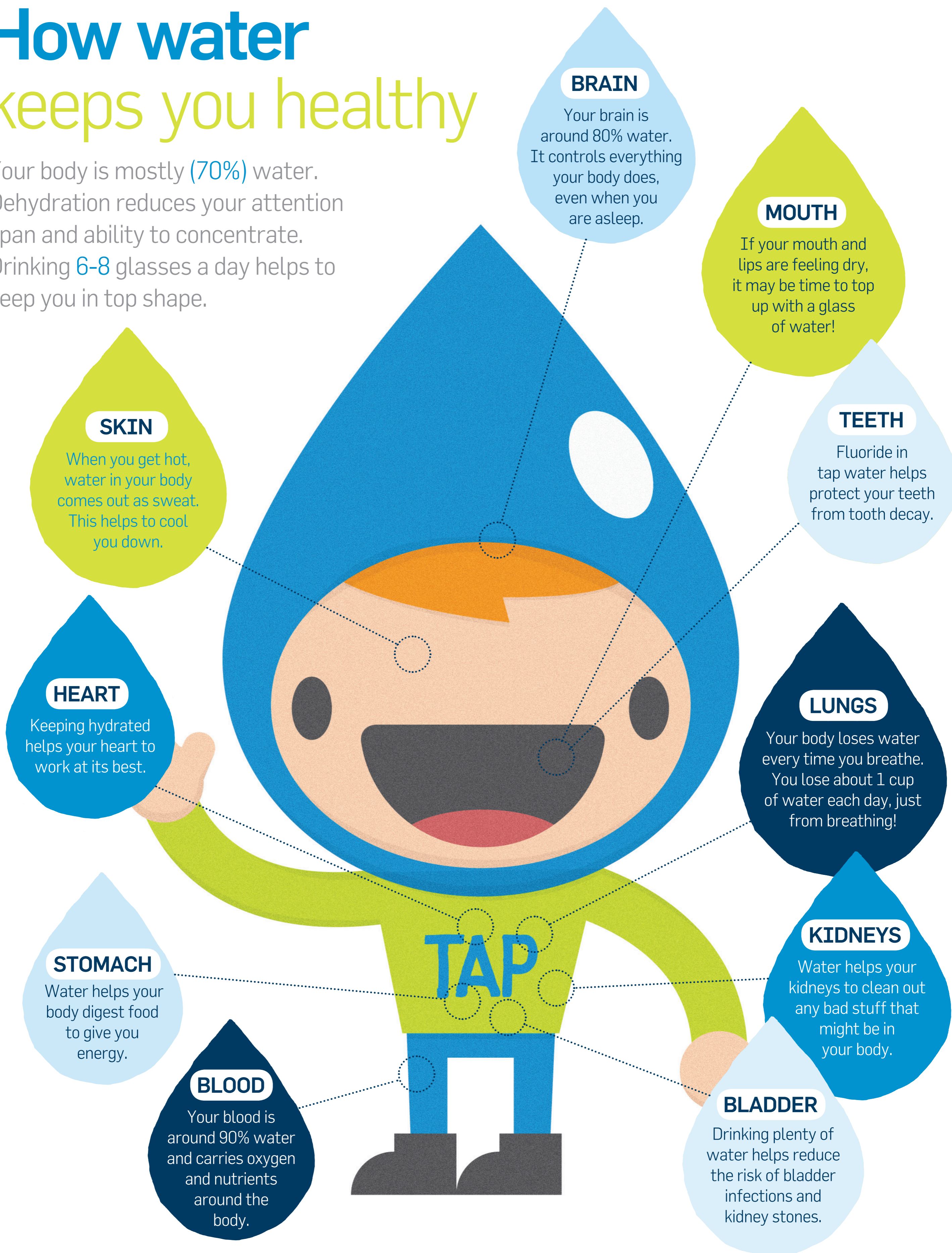


How water keeps you healthy

Your body is mostly (70%) water. Dehydration reduces your attention span and ability to concentrate. Drinking 6-8 glasses a day helps to keep you in top shape.



For more facts about water visit our website www.midcoastwater.com.au



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