

Do You Know the Wonders of Water?

FACT

Drinking water reduces your risk of disease and infection, helps you burn more fat, and keeps you energized and alert.



"I'm drinking at least eight, 8 oz. glasses of water each day."

Take a Step in the Right Direction!

Discover how small steps can lead to big improvements in your well-being.

Norfolk Consortium Wellness Program
<https://www.myhealthiq.com/>
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