JULY 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Hydration!**
- Reach out to **Erika** for more information

Stay Hydrated this Summer!

Stay Hydrated, Stay Strong!

Did you know that drinking enough water can help you stay active, think cleary, and reduce risk of falls?

Why Hydration Matters

- Improves balance and reduces dizziness
- Helps prevent muscle cramps and weakness
- Supports memory and concentration
- Keeps joints moving comfortably
- Helps regulate body temperature
- Promotes health digestion and overall wellness

Therapy Tip

Even mild dehydration can affect your strength, balance, endurance and thinking. Staying hydrated helps you get the most out of therapy and everyday activites.

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.