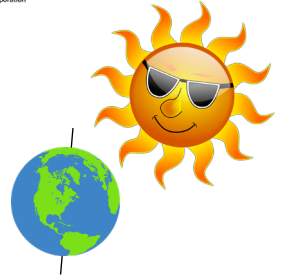


## HERE COMES THE Sun

**June 21 is the Summer Solstice**, the longest day of the solar year and the beginning of summer. After this day, the hours of sunlight will get progressively shorter as the earth's axis begins tilting away from the sun.



## HAPPY Father's Day

Celebrate dads on **June 19th**. Write a card, help with a chore, or just say thank you.



## HOW TO STAY Hydrated

Our bodies need water to function properly but sometimes it's hard to remember to drink it. You should **aim to drink your body weight in ounces** every day. If you weigh 150 pounds, that would be 150 ounces, about 18 glasses or a gallon of water. Here are some tips to **celebrate National Hydration Day on June 23**:

1. Add a squeeze of lemon, lime, orange or berries to your water
2. Track your water intake with an app
3. Set a reminder to drink water every few hours
4. Eat water-rich foods such as watermelon, cucumber, and melons
5. Invest in a water filter for your fridge, faucet, or water bottle to improve the quality of your drinking water

