



rethink
YOUR DRINK

Go H₂O!



Meet Our High School Poster Contest Winner!



Thank you for your unique
and creative design to
**promote drinking water
instead of sugary drinks**
and encourage people to
go outside and be active
this summer!

Congratulations Amber Elliot of Central Valley High School!

HEALTHY
SHASTA
www.healthyshasta.org

For more information, please visit:
healthyshasta.org/rethinkyourdrink.htm or
www.facebook.com/rethinkyourdrinkshasta

CA4health
healthy places...healthier lives