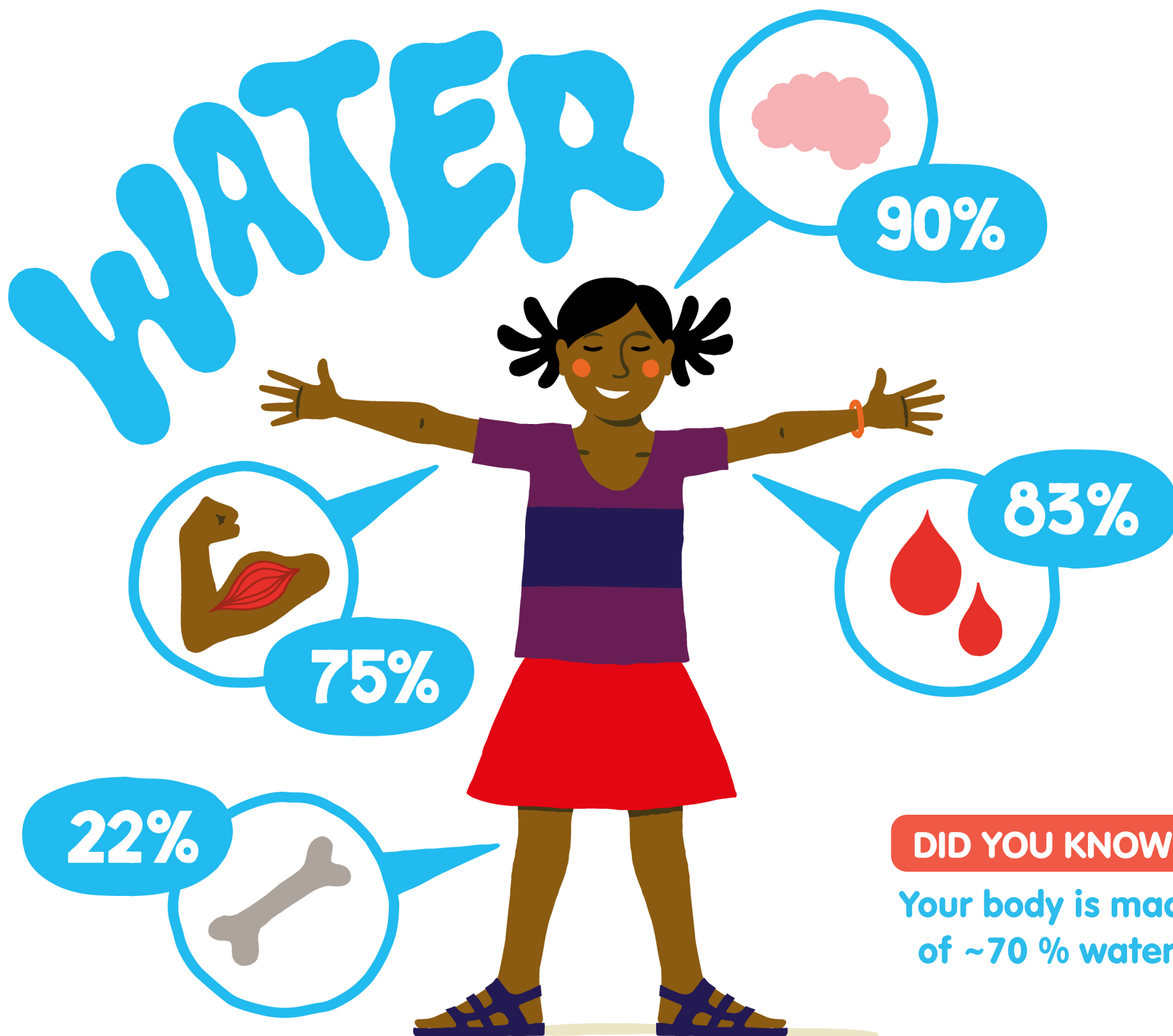




WATER IS LIFE!

Water is life. Your body needs it to work properly

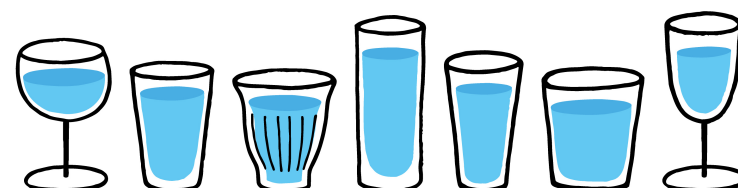


Illustrations: felixgodefroy.com

DID YOU KNOW?

Your body is made of ~70 % water!

Your body loses water when you go to the bathroom, sweat, cry or breathe. It is important to drink at least 8-10 glasses of water per day, especially when it is hot, you are doing sport or you are sick.



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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 678024