

***You're Invited!***



## ***Beat the Heat with Hydration***

- Learn about hydration, including the effects and dangers of dehydration.
- How much fluid do we need?
- What about sports drinks and other beverages?
- Should you be concerned with drinking too much water?
- Learn about the signs of heat stroke vs heat exhaustion.

### **Meet your educator!**

**Aikaterina (Kat) Galeos, MS, RDN, CSG,** is a registered dietitian with 20+ years of experience. She earned her master's degree in Clinical Nutrition from the University of Medicine and Dentistry of New Jersey (UMDNJ) and is a certified specialist in gerontological nutrition. Kat grew up in a Greek household and learned to appreciate home cooking from her mother.

Kat currently runs the Teaching Kitchen at Lee Health Coconut Point and adores working with people and teaching the community about nutrition, food and health.



### **If You Go**

**When:** Friday, July 21

**Time:** 10 a.m.-11 a.m.

Estero Country Club  
19501 Vintage Trace Circle  
Fort Myers, FL 33967

***Please RSVP to:***

**Thomas Funk**  
**Racquet Sports Director**  
**239-267-7000**

