



# WATER CONSUMPTION CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT

**GOAL:** **8 GLASSES A DAY**

## HOW TO PLAY:

Colour in one water drop for every glass of water you drink each day. Staying hydrated supports your physical health, mental clarity, and recovery.



### Vital Path Addiction Clinic

- General Inquiries 778-488-9665
- Appointment via Text 778-488-9665
- Email [EMAIL HERE]
- Hours of Operation Monday to Friday 7:30am – 3:30pm  
Afterhours & On-Call Doctors Available\*  
**SAME DAY APPOINTMENTS AVAILABLE**

### Joe's Specialty Pharmacy

- General Inquiries 604-924-8686
- Email [EMAIL HERE]
- Hours of Operation Monday to Friday 7:30am – 4:30pm  
Saturday & Sunday 9:30am – 1:30pm  
Statutory Holidays 9:30am – 11:30am

## SCAN ME

**DOWNLOAD + PRINT**  
A COPY OF THE WATER CONSUMPTION CALENDAR

