



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 medical@vitalpathaddictionclinic.com
 Hours of Operation Monday to Friday 7:30am – 3:30pm
 Afterhours & On-Call Doctors Available*
*Some conditions apply
SAME DAY APPOINTMENTS AVAILABLE

Joe's Specialty Pharmacy

General Inquiries 604-924-8686
 Email joespharmacy@vitalpathaddictionclinic.com
 Hours of Operation Monday to Friday 7:30am – 4:00pm
 Saturday & Sunday 9:30am – 1:30pm
 Statutory Holidays 9:30am – 11:30am

SCAN ME

DOWNLOAD + PRINT

A COPY OF THE WATER CONSUMPTION CALENDAR

