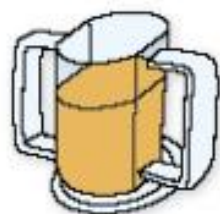




Which cup is **right for you?**



Helping someone to keep properly hydrated could mean thinking about the type of cup offered.



Aim for at least six to eight drinks per day. Any drink, including milk, water, tea, coffee and fruit juice count.



Alcohol does not count.



For more information on equipment and practical aspects of living such as aids and adaptations please contact:

William Merritt Centre 0113 305 5332
www.williammerritleeds.org

NHS
Leeds