

Just add water!

An Introduction to Hydration
for Healthcare Professionals

8 december 2021

3:00 PM, UK time

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Learning Objectives

This 'Introduction to Hydration' webinar will enable attendees to:

- Recognise the importance of healthy hydration across the life course for everyone, including people living with obesity
- Develop a greater understanding of the basics of hydration and the regulation of water balance in the body
- Gain confidence in assessing and discussing hydration status in clinical settings
- Demonstrate critical awareness of the significance of a hydration promoting environment
- Deliver evidence-informed, consistent and practical «healthy hydration» messaging to patients and the public using appropriate language.

TOPIC 1

Overview of
Hydration and its
importance for
health

TOPIC 2

Hydration basics
and the clinical
approach

TOPIC 3

Providing
personalised and
practically useful
hydration advice
to individuals