

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

TEACHING KITCHEN:

SUMMER HYDRATION



MONDAY, JULY 13, 2026

Christus St. Vincent Cancer Center

First Floor

11AM-12PM

Free and open to the public

Learn creative ways to stay hydrated in the summer heat. We will cover how much fluid is enough, strategies to improve your hydration, and fun recipes for infused water, mocktails and homemade electrolyte drinks. Cheers!