

# Stay Hydrated

Greater Manchester Nutrition & Hydration



Stop Infection, Drink More!



Aim for 6–8 drinks per day, unless advised otherwise by your GP

Do not wait until you feel thirsty to have a drink



Drink more in the morning if you worry about getting up at night



Choose drinks that you like and are likely to finish

Please follow:  
[@GMNandH](https://twitter.com/GMNandH)

For more information call your local Age UK

**Bolton:** 01204 382411

**Bury:** 0161 763 9030

**Oldham & Rochdale:** 0161 633 0213

**Manchester:** 0161 833 3944

**Salford:** 0161 788 7300

**Stockport:** 0161 480 1211

**Tameside:** 0161 308 5000

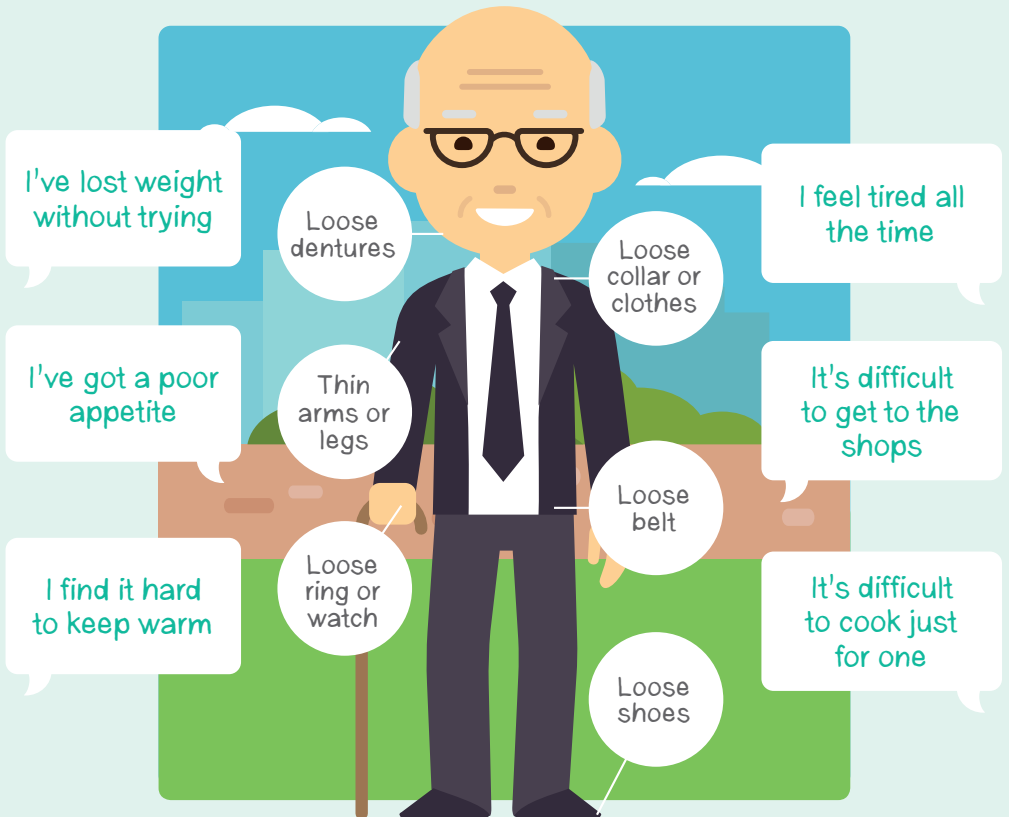
**Trafford:** 0161 746 9754

**Wigan Borough:** 01942 241972

# Losing weight is not a normal part of ageing

Greater  
Manchester  
Nutrition &  
Hydration

Notice any of the following signs?



If so, download the **Eat, Drink, Live Well** booklet from: [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources/](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources/)  
or call 0161 788 7300 to request a copy in the post.

**PaperWeight**  
helping fight malnutrition

For more details visit:  
[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

**GMCA** GREATER  
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AUTHORITY

**NHS**  
in Greater Manchester