

Stay Hydrated

Greater Manchester Nutrition & Hydration



Stop Infection, Drink More!



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



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

Do not wait until you feel thirsty to have a drink



Choose drinks that you like and are likely to finish

Please follow:
@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

PaperWeight
helping fight malnutrition

For more details visit:

www.ageuksalford.org.uk

GMCA GREATER MANCHESTER COMBINED AUTHORITY

NHS

in Greater Manchester