County of Riverside is committed to encouraging environmental sustainability. As a way to promote health, we are working together to successfully install hydration stations as a way to increase water consumption as well as reduce the use of plastic water bottles.

Why
Drinking water is a vital step in creating and maintaining a healthier lifestyle.

Water:
• Hydrates your body
• Moisturizes your skin
• Drink eight 8-ounce cups per day
• Stay hydrated before, during, and after exercise
• Boosts your energy levels
• Helps you maintain a healthy weight

How
Hydration Stations
• Provide filtered water
• Carry a reusable refillable water bottle
• Find the nearest one near you!

“I wanted to express my appreciation for the filtered water fountain we have here at Riverwalk! I love not having to carry around jugs of water and using my own cup instead of plastic bottles. Thank you for investing in the health of your employees!”
(Renee P.)

For more information visit: www.healthyriversidecounty.org or call (951) 358-5311