

Health Ministries Department Feature

## Hydration and Your Health



Hydration is vital for every living being. Since approximately 70% of our bodies are made up of water, water has to constantly be replaced to keep our bodies functioning properly and to prevent any health complications. Drinking sufficient water every day is crucial for many reasons including to: regulate body temperature, prevent infections, lubricate joints, deliver nutrients to cells, and keep organs functioning properly. Every cell and organ in our bodies contains water. A reasonable goal is to drink 6 to 8, 8-ounce glasses of water daily. Hydration is important during physical activity; and even if you are sitting in the sun on a hot or humid day without exercising. Both can cause your body to need more water to prevent dehydration.

We also lose water every day through breathing, sweating, and urination. Remember, proper hydration is critical for maintaining overall health and bodily functions including preventing urinary tract infections. So travel with a bottle of water to help you stay hydrated.

*Written by -  
 Mrs. Jorjette Bain, Assistant Health Ministries Leader  
 Philadelphia Seventh-day Adventist Church*

**CHURCHES IN  
 NEW PROVIDENCE**

### UPCOMING EVENTS

# Health Week

September 12 - 17, 2020

*We are extending a special invitation to you, our community friends, to join us as we celebrate our Health Week. There are a number of events that will be held online that you, your families and friends can take advantage of. Let's Get Healthy Bahamas!*

- Adelaide
- Agape
- Bethany
- Berea
- Bethel
- Breath of Life
- Centreville
- Ebenezer
- Ephesus
- Francophone
- Gambier
- Good News
- Grant's Town
- Hillview
- Johnson Park
- La Senda De La Vida
- Living Faith
- Maranatha
- Message of Hope
- New Englerston
- New Haven
- New Providence
- Peardale
- Philadelphia
- Real Harvest

**CHURCHES IN  
 FAMILY ISLANDS**

- North Andros Churches
- Low Sound
- Red Bays Company
- Central Andros Company
- South Andros Churches
- Kemp's Bay
- Blessed Hope
- High Rock
- New Macedonia
- Mangrove Cay
- Cat Island Churches
- Seaview
- Devil's Point
- Crooked Island Church
- Landrail Point
- Eleuthera Churches
- Bluff
- Gregory Town
- James Cistern
- Rock Sound
- Tarpum Bay
- Exuma Churches
- Mount Thompson
- Moss Town
- Rolleville
- Long Island Churches
- Steven's
- Millerton
- Inagua Church
- Matthew Town
- Acklins Church
- Lovely Bay
- San Salvador Church
- Cockburn Town


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ATLANTIC CARIBBEAN UNION OF SEVENTH-DAY ADVENTISTS

## HEALTH WEEK 2020


THE TRUE FOUNDATION OF HEALTH

SEPTEMBER 13-17 2020






**Ms. Annie Price**  
Health Director, ATCU



**Dr. Mark Sandovl**  
Medical Director  
Uchee Pines



**Ashwin Sukumaran**  
Lifestyle Practitioner  
Uchee Pines

- The Cayman Islands 5:30 p.m.
- The Bahamas Turks & Caicos Islands 6:30 p.m.
- Charcoal & Castor Oil Uses
- Nutrition & Cooking Demo.
- Hydrotherapy Uses & Demo.
- Massage Therapy
- Herbal Remedies

JOIN US FOR A PANEL DISCUSSION ON  
 "The Whole You"

COME WITH YOUR QUESTIONS ON PHYSICAL, MENTAL, AND SPIRITUAL, WELL-BEING.

**SABBATH, SEPTEMBER 12TH @ 6PM**



**DR. JOSEPH EVANS**  
UROLOGIST



**DR. STEPHANIE HUTCHINSON**  
CLINICAL PSYCHOLOGIST



**DR. VANESSA MILLER**  
GYNECOLOGIST



**DR. IDAMAE HANNA**  
NUTRITIONIST




**DR. YASHICA SEYMOUR**  
PEDIATRICIAN



**DR. PAUL SCAVELLA**  
PASTOR

**MEETING ID # 734-017-448**  
 HILLVIEW SEVENTH-DAY ADVENTIST CHURCH



**SABBATH Online CHURCH SERVICE**

"HEALTH LEADERS PIVOTING FOR MINISTRY"

**MEETING ID 333-819-151** **HILLVIEW SDA NASSAU, BAHAMAS**

**Dr. Angeline D. Brauer, DrPH, MHS, RDN**  
 Health Ministries Director, NAD

September 12th, 2020 11 a.m.

Happening on **zoom**

Connect with us on [www.southbahamasconference.org](http://www.southbahamasconference.org)

### FOLLOW & SUBSCRIBE

South Bahamas Conference of Seventh-day Adventists



Everyone is invited to attend the nearest Seventh-day Adventist Church this Saturday. Sabbath School (Bible Lesson Study) starts at 9:15 a.m. Divine Worship Service (with the Preaching of the Word) begins at 11:00 a.m. Adventist Youth Hour (one hour before the sunsets on Saturdays). For the church listing, call our Conference Headquarters on Tonique Williams Darling HWY. at (242) 341-4021, or visit the website [www.southbahamasconference.org](http://www.southbahamasconference.org).

*Come and See the Blessings the Lord Has in Store for You!*