

# ADVENTIST NEWS

South Bahamas Conference: Serving Islands in Central to South Bahamas website: www.southbahamasconference.org | phone: (242) 341-4021

CABLE 658 **ADVENTIST TELEVISION** 

**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

**Adelaide Agape Bethany** 

**Berea** Bethel

**Breath of Life** Centreville

Francophone

**Good News Grant's Town** 

**Living Faith** 

Maranatha

**New Haven New Providence** 

**Peardale Philadelphia** 

La Senda De La Vida

Message of Hope

**CHURCHES IN FAMILY ISLANDS North Andros** Churches Lowe Sound Red Bays Company

Central Andros

**New Englerston** 

**Ebenezer Ephesus** 

Gambier

Hillview Johnson Park

### **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!



THE TRUE FOUNDATION OF HEALTH



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. IDAMAE HANNA NUTRITIONIST



DR. STEPHANIE HUTCHINSON



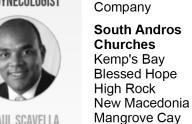
DR. YASHICA SEYMOUR PEDIATRICIAN



GYNECOLOGIST



DR. PAUL SCAVELLA **PASTOR** 



**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** 

Church Cockburn Town



"HEALTH LEADERS PIVOTING FOR MINISTRY"



Dr. Angeline D. Brauer, DrPH, MHS, RDN

Health Ministries Director, NAD

**MEETING ID** 333-819-151



**HILLVIEW SDA** NASSAU, BAHAMAS

September 12th, 2020

11 a.m.



#### Connect with us on

ID # 734-017-448

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.