

Promoting Hydration Across the Lifespan – A Health Promotion Activity

Hydration Workshop – Thursday 14th December 2023 @ 13:30 hours (one hour duration)

Facilitators – Francesca Micallef and Marisa Galea Vella as well as BSc (Hons) nursing students from the 2nd and 3rd year cohorts.

The aim of this workshop is to raise awareness on the importance of effective hydration practices to promote health and wellbeing. This workshop is ideal for anyone interested in understanding why personal hydration practices are important and how to improve them.

The first part of the workshop will be an introduction to hydration and its importance in healthcare. This will be supported by a PowerPoint presentation. A facilitated self-assessment for attendees to the workshop will follow so that each participant can assess their hydration practices and status.

The second part of the workshop will be a Q&A led by our nursing students under our guidance.