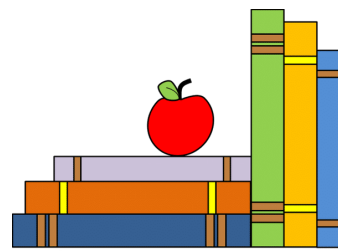


Culligan  
Water™

# BACK TO SCHOOL

newsplash



## NIGHT TIME TIPS TO HELP THE KIDDO'S 👍

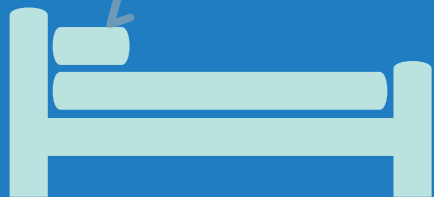
10-14 days before school starts- slowly start adjusting their bedtime and wake-up time (this helps their biological clocks adjust.)

Eliminate caffeinated beverages after lunchtime

Initiate a healthy exercise routine

Set-up a nighttime routine to help them wind down; Phase out electronic use an hour before bed.

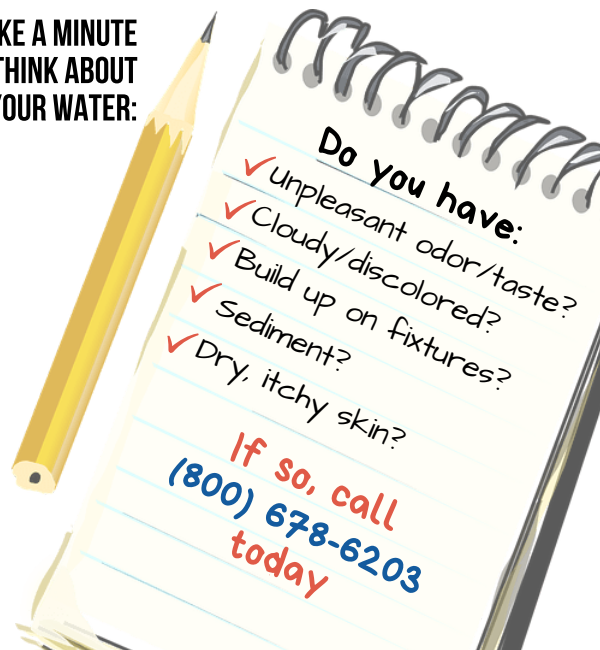
zzz Create a cool and dim sleep space



INFO FROM THE NATIONAL SLEEP FOUNDATION

## IS YOUR HOME'S WATER A MESS?

TAKE A MINUTE TO THINK ABOUT YOUR WATER:



Don't forget about our

# SUMMER SIZZLER

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LUNCH IDEAS!  
AND DON'T FORGET THE  
CULLIGAN WATER!

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