



Healthier Hydration for the Home

Filtration Solutions for the Kitchen and Beyond

Program #: ELK9102

Credits: AIA 1.0 LU/HSW, ASPE 1.0 CEU/PDH, IDCEC 0.1 LU/HSW, NKBA 0.1 CEU

Learning Objectives:

1. The importance of healthier hydration.
2. What's in your water?
 - Learn about common contaminants and what consumers know and don't know about healthy drinking water and water filtration.
3. Gain insights into how lifestyle changes and trends are driving the need for healthier, sustainable water in the home.
4. Examine common options for accessing healthy hydration in the home.
5. Learn about the latest water delivery products and filtration systems available to consumers.

HSW: Yes

PDH: Yes

Description:

This course explores the importance of staying hydrated and the effects dehydration can have on health and wellness. Learn about common types of contaminants in drinking water and the potential health effects of ingesting contaminated water. Discover gaps in consumers' knowledge around what healthy hydration means, looks like and the role of filtration. Gain insight into how consumer lifestyle trends are driving the need for healthier and more sustainable water in the kitchen and beyond, and how consumers are meeting these needs. Finally, learn about some of the newest drinking water products and filtration systems available to consumers for cleaner, healthier, sustainable drinking water at home.

* This course is approved for PDH credit but is subject to compliance with each states rules and guidelines.

