

Stall Street Journal



Drinking Too Many Energy Drinks Could Cause These Problems



Caffeine Is A Drug!
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BETTER WAYS TO GET ENERGIZED

- Eat Well
- Get Plenty Of Sleep
- Drink Water For Hydration
- Move It (Exercise)

Next Time You Reach For A Caffeinated Drink, Keep This In Mind

For more information contact Maureen Obuchowski 630-264-7670 or

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