



YOGA in COMMON presents:
A talk about **Healthy HYDRATION!!**

Your body is **75% WATER**. What kind of WATER are **YOU**?

Are **MILLION \$\$\$** marketing ploys playing a role in what **YOU hydrate** with?
How **SMART(water)** is that?

Have you ever wondered why your body **FAILED** (ex - night **CRAMPING** and **MUSCLE PULLS**, **GENERAL FATIGUE** and yes **DISEASE**), yet you are getting the best training, the best nutrition/hydration, and the best medical care?

Stop sticking your head in the sand and learn for yourself what is **HYDRATING** to the body and **NEEDED** by the body!!

**Presenter: Johnny Zecopoulos, BS Mechanical Engineer, LMT,
Cellular Hydration Educator**



Johnny was a nuclear mechanical engineer at the Charleston Naval Shipyard for 6 years before making a career change into clinical sports massage therapy where he has made his living for the past 20 years as one of Charleston's well-respected massage/flexibility therapists. His background also includes playing NCAA division I soccer at Clemson University and then onto the Charleston Battery with their inaugural team in 1993. He currently competes as an amateur tri-athlete while still playing soccer on the local level with athletes 10-20 yrs

younger. I'd say Johnny is more than qualified to discuss what he knows on a personal/professional level about hydration.

WHEN: Sunday, AUG 12, 3:00pm OR Wed, AUG 15, 7:30pm

WHERE: YOGA in COMMON

3062 Deville St, Myrtle Beach, SC 29577

COST: YOUR TIME

***Bring your water to be tested.**

***Everyone Welcome!**

RSVP @ 843-839-9636 to receive 2 FREE gallons of water.



CHANGE your WATER...CHANGE your LIFE!!