

AUGUST 2023

COTE Cares

MONTHLY NEWS

Hot enough for you in Minnesota? It seems strange to be saying this, but we are having a “scorcher” of a summer. It is really important to understand how to keep yourself healthy and hydrated when working in these tough conditions. Whether you are an associate in Minnesota or Arizona, hot is hot!

According to the University of Arizona, in Tucson (not too far from Tanque Verde Ranch), staying hydrated offers your body many benefits including:

- Body temperature regulation
- The curbing of appetite
- Optimal brain function
- Removal of waste
- Lubrication and protection of joints
- Protection of one’s spine

The university also notes that people should drink at least sixty-four (64) fluid ounces or eight (8) cups of water each day. Working in grounds or some other heavy physical job? Increase that amount! How do you know if you have had enough water?

Protect your eyes and skin from the sun – wear sunscreen and sunglasses (when and where appropriate) to ensure you are enjoying the sun and not suffering from it!

Our vision is to “Enrich Lives”, and we can best do that by taking care of ourselves and each other. Enjoy the summer season and thank you for all the hard work you do!!!

COTEFAMILY.COM/COTECARES



Benefit Me



Join Cote Family Companies Discount Marketplace!

Enjoy exclusive access every day to great discounts and Cash Back on thousands of brands and services you love.

To sign up, follow the steps below:

1. Go to: <https://cotecares.benefithub.com/welcome/signup>
2. Enter your name and email address
3. Use referral code- CWLNRD and start saving today!

This benefit is available to all associates as well as their friends and family.

#CoteSnaps

Winning July #CoteSnaps!



Join for a chance to win a prize!

Send to:
peopleservices@cotefamily.com