



SODA POLICY

Elcam Community Center Only

Effective as of 01 April 2011

Center participants are prohibited from having 24 Oz. Soda Bottles or larger (filled or empty) in their possession (which includes personal belongings) **for any reason** while in the Elcam Community Center at any time.

Why shouldn't you drink soda? Soda is acidic. When our body pH is acidic, it promotes **illness and poor health**. An acidic pH level in human body fluids is a prime environment for bacteria and viruses and even for cancer cells to grow.

Center participants will be issued a **written warning** if anyone violates the policy. Three written warnings for any reason, to include violation of the money policy, will result in termination of services for participants.

Thirsty? Drink water. Reasons to drink water: it hydrates the body; it lowers your risks of a heart attack; it is the best tool for weight loss; it is a headache cure (due to dehydration); it clears up your skin; it helps you digest food properly; it helps flush out toxins and waste products from the body; and it reduces your risk of colon cancer.

Thank you.

Naomi A. Tucker, Director
Elcam Community Center