COFFEE & ITS AFFECTS

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THE COLLEGE STUDENT FUEL

- The average person drinks around 3 cups of coffee a day

- Have you ever wondered how your caffeine intake could affect you?

WELL, I DID!

and the results are frightening...

COFFEE IS KILLING US!

SO, WHAT DOES THIS MEAN?!?

- We all need to step away from our reliance on coffee
- We need to educate our friends and family

JUST KIDDING!

COFFEE CAN BE GOOD FOR YOU

'about 2–5 cups a day—is linked to a lower likelihood of type 2 diabetes, heart disease, liver and endometrial cancers, Parkinson's disease, and depression.' – Harvard Health

'Drinking coffee with caffeine has been linked with improved mood and a lower risk of depression in some' – Mayo Clinic

THANK YOU

go use up your richies bucks!!!!