

FdSc Complementary Healthcare

Interview task

As Complementary Healthcare therapists, clients look towards us for advice and guidance over a number of health related issues. One particular topic centres around hydration and the amount of water we should be drinking daily.

As part of your interview process, you will need to research and discuss the evidence or otherwise to support the recommendation that adults should be drinking eight glasses of water a day.

Please feel free to bring in any information or documentation to help support your discussion.

EASTBOURNE

Cross Levels Way,
Eastbourne, BN21 2UF

LEWES

Mountfield Road,
Lewes, BN7 2XH

NEWHAVEN

Denton Island Training
Newhaven, BN9 9BN

HASTINGS

Station Plaza, Station Approach,
Hastings, TN34 1BA

HASTINGS

Ore Valley, Parker Road,
Hastings, TN34 3TT