

PEHP WELLNESS
**Monthly
Challenge**



Drink More H₂O

July 5-29

Water – why is it so important? Find out how it benefits your entire body, especially during the hotter summer months. This challenge will help keep you hydrated and realize why every sip matters!

Participate and be entered into a drawing for a \$50 Amazon gift card!

Schedule

Join us for a 4-week email based wellness challenge*!

Week 1: Benefits of Water

Week 2: How Much Do I Need?

Week 3: Tips To Get More

Week 4: Hydrate in the Heat

**Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.*

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails