



Drink 8 to Hydrate Challenge

Designed to keep your workforce hydrated this summer!

Drink 8 to Hydrate is a four-week hydration challenge, designed to encourage you to drink at least eight glasses of water per day. This challenge is open to everyone — you do not need to be an MVP member to participate. You can even encourage your family members and friends to participate with you!

- The program will run for 4 weeks from **Monday, July 11** through **Friday, August 5**.
- You will receive weekly educational information and hydration tips right to your email!

Questions? Contact MVP Living Well Programs at livingwellprograms@mvphealthcare.com



Sign-up for the program today! Scan the QR code to the left with the camera app on your smartphone to register by Sunday, July 10th.