



DRINK 8 TO HYDRATE CHALLENGE July 14– August 10, 2025

Did you know that if you haven't been drinking enough water, a glass of water could be just what you need to enhance your concentration or boost your energy? Join the Drink 8 to Hydrate Challenge and learn more about how staying hydrated can keep your body and mind healthy!

REGISTER BY July 9th!

- Register on Passport 4 Good here: [Drink 8 Link](#)
- New to P4G? Go to <https://spa.p4g.app/>
 - **Username:** Ellis email address
 - **Password:** Your birth month, birthday and last name (ex 0131smith)-unless previously changed.

OR Scan the QR code and login!



PRIZES:

In addition to improved energy, clearer skin, and better focus, several randomly selected participants that complete the challenge will be entered to win: Owala water bottles, portable hammocks, hydration packs or a free 3-month membership to Sunnyview Lifestyles Wellness Center.

Impact statements from past Drink 8 Challenge participants:

- ◊ "I feel more energized and hydrated"
- ◊ "Helped me cut out soft drinks"
- ◊ "Helped me learn the benefits of being hydrated."
- ◊ "Mood increased, more alert, and more energy."