



Drink 8 to Hydrate Challenge

Let's stay hydrated this summer!

Drink 8 to Hydrate is a 4-week hydration challenge, designed to encourage you to drink at least eight glasses of water per day. This challenge is open to all employees and counts toward Nutritional Activity Credit on your 2026 Wellness Passport!

The challenge will run for 4 weeks:

August 3–August 30. Everyone who completes the challenge will be eligible for raffle prizes, compliments of Healthy ME, including:

- Epicwater filtration pitcher with replacement filter
- Epicwater bottle filter and compatible YETI Yonder water bottle
- Hydration vest
- Hot/Cold water pitcher with fruit infuser compartment
- YETI soft pack cooler
- Lifestraw-for clean water anywhere, even in an emergency



Register today on P4G [LINK](#)

OR

Scan the QR code

Questions? Contact wellness@ellismedicine.org

QUALIFYING
HEALTHY ME
ACTIVITY



NUTRITIONAL