



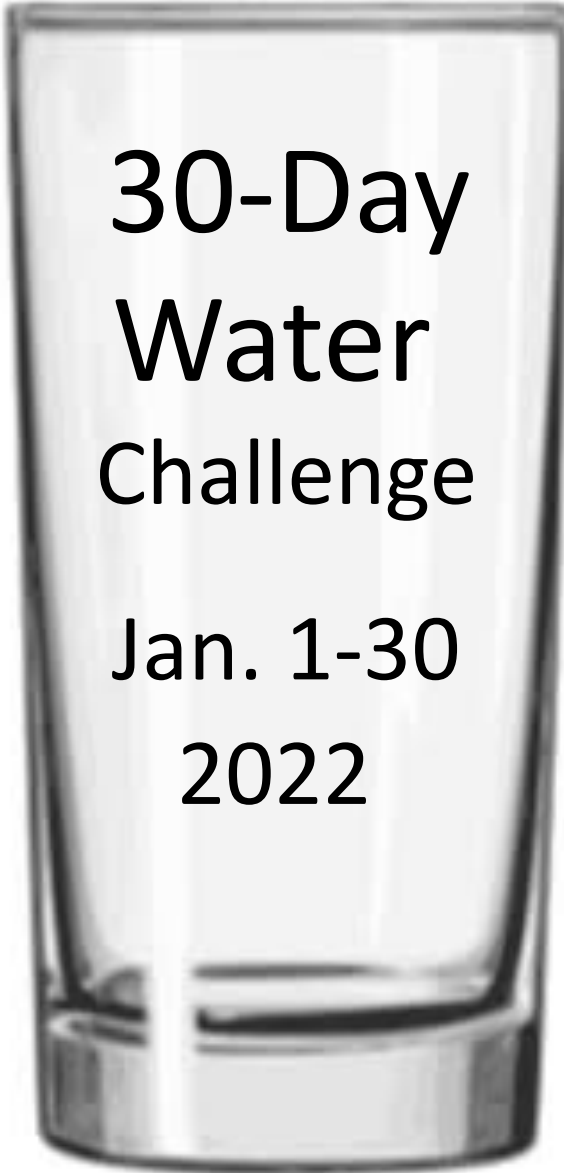
Your Mission:

Aim to drink one more glass of water than you normally would, each day for 30 days in a row. It's okay if you miss a day here or there, just do your best.

Staying hydrated is important—and one of the best things you can do for your body!

Join the challenge by signing up in Self Service under Wellness Program Registration, directly at this link <https://events.co.monmouth.nj.us/?agency=wellness> or call Benefits at 732-866-2633 Ext 6135, 7655 or 6671.

A challenge log will be emailed to all registered prior to Dec. 31, 2021.



**30-Day
Water
Challenge
Jan. 1-30
2022**

*Send completed challenge log to Beth Helsby, Hall of Records, Human Resources via inter office mail, text photo to 732-547-1231 or email it to beth.helsby@co.monmouth.nj.us by February 11, 2022 to earn 2 Wellness points.