2019 Summer Wellness “Water Works” Challenge

Just for fun & fitness too
Join this Challenge designed for you
Increase your fitness and increase your fun
Taking pictures “Flat Stanley” style on the run

Bring along your Wellness@Dickinson Water Bottle as you go
Around the world, the block or anywhere you know
Fill it with water (the best beverage of all)
Snap a photo and post on your (digital) wall
Share with us by adding the tag
#WellnessWaterWorks @DickinsonCol @DickinsonHR – and then brag

Don’t be bashful or at all coy...
Let us know how much you enjoy
Traveling to places both near and far
By plane, train, boat or by car!

This summer #WellnessWaterWorks Challenge is just for fun
Join us now through August 31
Post and share your special photos for all to see
And --- we will all have fun worldwide as a global community!
WellnessWaterWorks Challenge Rules

Monday, July 15 through Saturday, August 31

The goal for the Challenge is to encourage and increase water consumption to 64 oz. per day – a healthy habit!

- Fill you Wellness@Dickinson Water Bottle (24 ounces) 3 times each day and drink to meet and exceed the water consumption goal!
- Take your water bottle with you as you travel around
- Snap a photo (selfie or otherwise) and share with us – on Twitter, Instagram, Facebook –
  
  #WellnessWaterWorks @DickinsonCol @DickinsonHR

- There will be two random prize drawings
  - Favorite #WellnessWaterWorks Challenge Photo(s)
  - 64 oz per day #WellnessWaterWorks Challenge

Note: If you do not have a Wellness@Dickinson Water Bottle – please contact Human Resource Services. We have a limited supply available for this Challenge!