

Hydration For Health

Water you waiting for?

The FP&M Wellness Committee invites you to participate in the first FP&M Hydration for Health Challenge

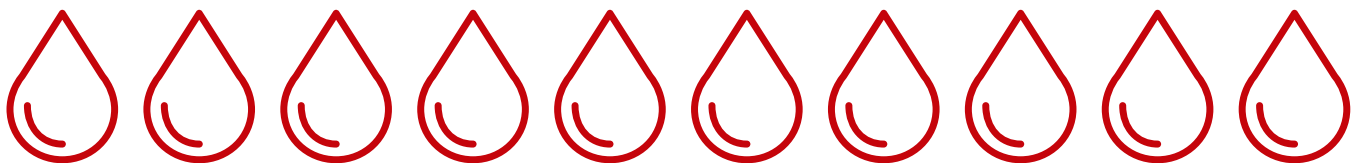
The Hydration for Health Challenge will span the entire month of February. You are welcome to join at any time during the challenge!



Download the Hydration Health Tracker or track on your own



Visit inside.fpm.wisc.edu to find the *Hydration for Health challenge*



Questions? Please reach out to a Wellness Committee member or email wellness@fpm.wisc.edu.



FP&M Wellness Committee
Supporting the overall well-being of FP&M employees.