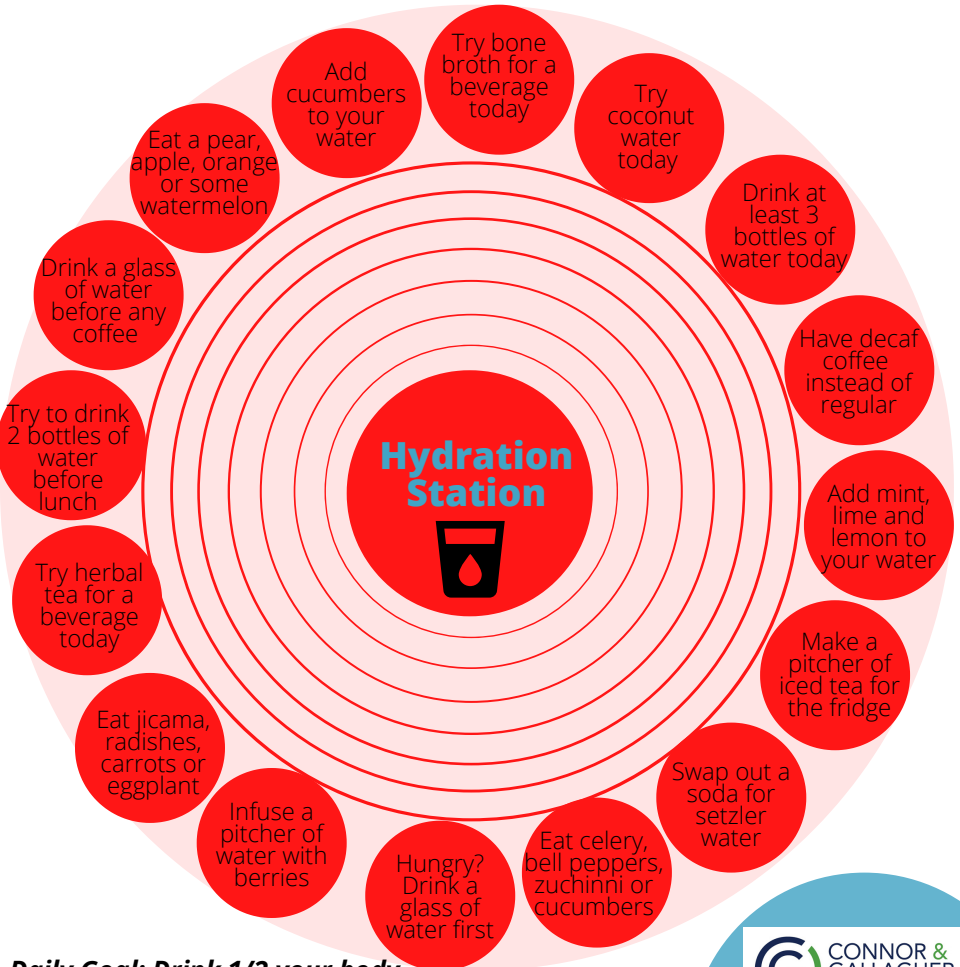


Hydrate Your Way to Health



June's Be Well initiative is a hydration challenge. Each day in June choose a different circle to conquer. Start anywhere and see if you can make it around twice in the 30 days of June!



Daily Goal: Drink 1/2 your body weight in ounces of water!

