

2020 DRINK UP CHALLENGE

To stay healthy, we should drink eight 8-ounce glasses of water per day. National Drinking Water Week begins on May 3, 2020 and the Service Authority is challenging you and your family to drink all eight of your recommended glasses of tap water every day! Put a check mark on each glass you drink to keep track of your progress.

At the end of the week, message a photo of yourself holding your completed challenge to the Service Authority Facebook page for a chance to win a prize!



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