

# WATER



University of Guelph

**Wellness  
@Work**

## YOU DRINKING?



**TRACK YOUR  
DAILY WATER  
INTAKE  
THROUGHOUT  
JULY!**

**MAKE WATER YOUR DRINK  
OF CHOICE.**

Submit your completed tracking sheet to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by July 31st, 2019 for your chance to win a prize!



**LEARN MORE:  
[UOGUELPH.CA/WELLNESSATWORK](http://UOGUELPH.CA/WELLNESSATWORK)**