



HEALTHY COLUMBUS PRESENTS  
**THE WATER CHALLENGE**

TRACK YOUR WATER AND WIN PRIZES! OH... AND  
GET HEALTHIER AT THE SAME TIME!

---

reduce cancer risk • boosts energy • rids toxins • relieves fatigue  
weight loss • hydration • improve mood • promote healthy skin

**The Challenge begins October 17th**

All participants receive a custom Healthy Columbus  
waterbottle!!

REGISTER AT  
[SURVEYMONKEY.COM/R/THEWATERCHALLENGE](https://www.surveymonkey.com/r/thewaterchallenge)