



STOCKTON WELLNESS CHALLENGE

JOIN THE 21-DAY HEALTHY BEVERAGE CHALLENGE

**DRINKING ENOUGH WATER
THROUGHOUT THE DAY IS ESSENTIAL
FOR LIVING A HEALTHIER LIFE**

Take the pledge to drink beverages like water infused with herbs, sparkling water and unsweetened tea for the next 21 days and be entered into a \$200, \$100, or \$50 gift card raffle!*

Get your Pledge Card at _____.



**ACCESS HEALTHY BEVERAGE
TIPS AND MORE HERE**

Scan the QR code with your mobile device or go to
<https://calfreshhealthyliving.cdph.ca.gov/en/tips/Pages/Rethink-Your-Drink.aspx>

*Submit your pledge card to the participating organization where you received it by July 31, 2026 to be entered into a \$200, \$100, or \$50 gift card raffle.

STOCKTON WELLNESS CHALLENGE

21-DAY HEALTHY BEVERAGE CHALLENGE

MAKE DRINKING WATER AND OTHER HEALTHY BEVERAGES A HABIT

Take the pledge to drink beverages with no added sugars or artificial sweeteners every day for the next 21 days and be entered into a \$200, \$100, or \$50 gift card raffle!*

Get your Pledge Card at _____.



ACCESS HEALTHY BEVERAGE TIPS AND MORE HERE

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