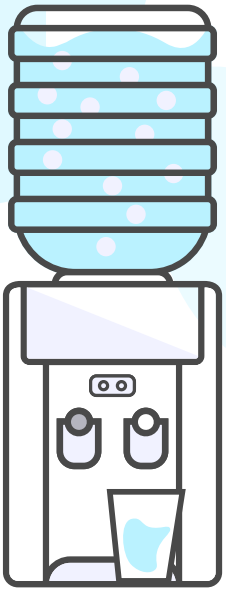
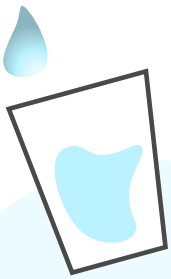
Facilities Planning & Management
UNIVERSITY OF WISCONSIN–MADISON

February 2026

Hydration for Health



“Water” you waiting for?



The FP&M Wellness Committee invites you to participate in the Hydration for Health Challenge!

FEBRUARY Challenge

brought to you by FP&M Wellness Committee

Visit **inside.fpm.wisc.edu** to sign up!

Download the Hydration Health Tracker or track on your own.

The Challenge will span the entire month of February.

You are welcome to join at any time!

Questions? Please reach out to a Wellness Committee member or email **wellness@fpm.wisc.edu**.

FP&M Wellness Committee
Supporting the overall well-being of FP&M employees.