Message: *Rethink your drink* webinar

How to use

1. Share the message below with employees before September 10, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW



Subject: You’re invited: Rethink your drink webinar

Join us WebMD for a 30-minute Lunch and Learn webinar: Rethink your drink.

**During the webinar, we’ll:**

1. Discuss the importance of hydration.
2. Compare beverage options.
3. Identify ways to boost hydration.
4. Describe dehydration and overhydration.
5. Learn about the Rethink Your Drink Challenge.

**When and where**

September 10, 2025

Noon to 12:30 p.m. (Pacific)

GoTo Webinar

**How do I sign up?**

[Register](https://attendee.gotowebinar.com/register/2427335094304493146) to participate.

**Need closed captioning?**

Contact [Maria Royall.](mailto:maria.royall@hca.wa.gov)

A recording of the webinar will be available by September 15, 2025 on HCA’s SmartHealth pages for [PEBB](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-pebb#resources) and [SEBB](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-sebb#resources).

SIGNATURE