



Sign up today for the OSU Extension Live Healthy, Live Well fall email wellness challenge!

You will receive two email messages a week from October 19 – November 25, 2020 with tips and encouragement to break for:

- Play
- Rest
- Creativity
- Nourishment
- Hydration
- Physical activity
- Family and friends
- The holidays
- And more!

Sign up today at
go.osu.edu/fall2020franklin.

Questions? Contact Franklin
County Extension Educator
Jenny Lobb at lobb.3@osu.edu
or 614-292-7775.

