

Wellness Wednesdays

Join OSU Extension Educator Jenny Lobb for a wellness webinar the first Wednesday of each month at 11:00 A.M.

August 5 – Digital Detoxing

September 2 – Nutrition for the Whole Family

October 7 – Smart Eating for Healthy Aging

November 4 – No Gym? No Problem!

December 2 – Build a Better Recipe



Register for this free series at go.osu.edu/wellnessweds at least 24 hours prior to the start of each session to receive the log in information.

For more information, contact Jenny by phone at 614-292-7775 or by email at lobb.3@osu.edu.



**OSU EXTENSION FRANKLIN COUNTY
FAMILY AND CONSUMER SCIENCES**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.