



**Live Healthy Live Well**  
**Play Your Way Through the Holidays**

## Email Wellness Challenge

### WHAT YOU RECEIVE:

- Two email messages per week containing tips, ideas and strategies to stay healthy during the holidays.
- The opportunity to participate in four wellness webinars that complement and build on content from the emails.

**WHEN:** November 15 –December 26, 2021

**WHO:** Any adult with an email address

**WHY:** To make **play** part of your holidays through traditions, gratitude, food, communication, activity, laughter and more

**COST:** No charge – participation is FREE

Sign up at:

***go.osu.edu/LHLWFranklin***

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EXTENSION

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