



Join the "Think Green...it's not just a color"

Email Wellness Challenge

Join the "Think Green...it's not just a color" 6-week email wellness challenge for healthy living tips and ideas to improve your well-being.

WHEN: April 3 – May 14, 2023

WHAT YOU RECEIVE:

- Email messages 1 per week
- Webinars 1 per week
- Friday Follow Up 1 per week

WHO: Any adult with an email address

WHY: To improve your overall health and wealth

COST: No charge — participation is FREE

Sign up for the *Think Green...it's* not just a color challenge at:

go.osu.edu/lhlwfranklin

For more information contact:

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— We Sustain Life *—*