



Join the Fall 2020 Email Wellness Challenge

WHAT YOU RECEIVE:

- Email messages - 2 per week
- Health tracking log
- Encouraging tips

WHEN: October 19, 2020 – November 30, 2020

WHO: Any adult with an email address

WHY: To learn tips on ways to take a break (school/work, technology, play, holiday, snacks, and more)

COST: No charge – participation is FREE

Sign up for the **Take a Break** Challenge at: go.osu.edu/lhlwfall

For more information contact:
Shannon Carter- carter.413@osu.edu



Join LHLW Blog:
<http://livehealthyosu.com/>
Follow us on Facebook:
<http://go.osu.edu/FBLHLW>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

fairifled.osu.edu

— We Sustain Life —

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.