

**Live Healthy Live Well**

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or fax to 740-687-7010

**Find Your Path to Wellness**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Wear sunscreen outside	Declutter one room in your home	Try a new exercise	Take time to plan your next vacation	Step outside of your comfort zone
Take an afternoon "off"	Cook a meatless meal for dinner	Join a new group activity	Journal about your experiences with nature	Try a new nature trail or walking path
Try a new food	Enjoy an evening outdoors	FREE SPACE	SAFELY view the solar eclipse	Recycle today
Take a walk outside today	Listen for 3 different sounds outside your home or office	Plan a fun day at home	Reuse leftover food in another meal	Make a budget for your next travel
Donate an unused item in your home	Sit outside and watch for signs of nature	Invite a friend to try a new restaurant with you	Wear a wide-brimmed hat and sunglasses when outdoors today	Research an art, culture, or nature event in your area.

