



Strong @ Heart

Live Healthy Live Well

Join the Strong @ Heart Email Wellness Challenge

WHAT YOU RECEIVE:

- Email messages - 2 per week
- Health tracking log
- Tips, ideas, recipes, information

WHEN: February 1, 2021 –March 14, 2021

WHO: Any adult with an email address

WHY: To improve your heart health - prevention, sleep, gratitude, foods, fats, sodium, dining out, activity, laughter

COST: No charge – participation is FREE

Sign up for the **Strong @ Heart** Challenge at:

go.osu.edu/LHLWFairfield

For more information contact:

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Join LHLW Blog:

<http://livehealthyosu.com/>

Follow us on Facebook:

<http://go.osu.edu/FBLHLW>



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COLLEGE OF FOOD, AGRICULTURAL,
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— We Sustain Life —