

Live Healthy, Live Well

Join the Spring Into Wellness Email Wellness Challenge

WHAT YOU RECEIVE:

Two email messages each week with tips, ideas and information to help you spring into wellness!

WHEN: April 4 – May 15, 2022

WHO: Any adult with an email address

WHY: To help with physical, emotional, financial, social, spiritual, environmental, intellectual, creative, and career wellness

COST: No charge – participation is FREE

Sign up at:

go.osu.edu/lhlwfranklin

For more information:

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livehealthyosu.com

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— *We Sustain Life* —