



Count *CALM* Down for the Holidays

Live Healthy Live Well

Join the Live Healthy Live Well *Count CALM Down for the Holidays Challenge*

When? November 19, 2018 – January 2, 2019

What does it cost? Nothing – Participation is Free!

Who can participate? Any adult with an Email account

Includes? Email challenge messages sent 2 times per week, a health tracking log, and many encouraging tips!

For more information contact:

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Join our Blog: livehealthyosu.com

Follow us on Facebook: go.osu.edu/FBLHLW

Receive our text messages, text:
[@lhlw365](https://www.instagram.com/lhlw365) to 81010

Sign up for the *Count CALM
Down for the Holidays* Challenge
at:

go.osu.edu/calmperry18
(case sensitive)

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