



Sign up for the
Exploring the Heart of It All
challenge at:

go.osu.edu/lhlwperry

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SIGN UP FOR OUR *Exploring the Heart of It All* Email Wellness Challenge

- WHAT:** 6-week email challenge
WHEN: October 21 - December 1, 2024
WHAT YOU RECEIVE:
- Email messages - 1 per week
 - Webinars – 1 per week
 - Bingo card
- WHO:** Any adult with an email address
WHY: To improve your overall health
COST: No charge – participation is FREE

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