

# Unwrap Your Gifts



## Join the “Unwrap Your Gifts” *Email Wellness Challenge*

Join the “*Unwrap Your Gifts*” 6-week email wellness challenge for healthy living tips and encouragement to help you make the most of this holiday season.

**WHEN:** October 31–December 11, 2022

**WHAT YOU RECEIVE:**

- Email messages - 1 per week
- Webinars – 1 per week
- Tips, ideas, recipes, information

**WHO:** Any adult with an email address

**WHY:** To help with the many gifts you have to offer this holiday season

**COST:** No charge – participation is **FREE**

Sign up for the *Unwrap Your Gifts* challenge at:

[go.osu.edu/lhlwperry](https://go.osu.edu/lhlwperry)

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