



**Live Healthy Live Well**  
**Play Your Way Through the Holidays**

**Join the Play Your Way Email  
Wellness Challenge**

**WHAT YOU RECEIVE:**

Email messages - 2 per week  
Tips, ideas, recipes, information

**WHEN:** November 15 –December 26,  
2021

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

**WHY:** To make **play** part of your  
holidays through traditions,  
gratitude, food, communication,  
activity, and laughter

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

Sign up for the *Play Your  
Way* Challenge at:

For more information  
contact:

Misty Harmon

[harmon.416@osu.edu](mailto:harmon.416@osu.edu)

To register:

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



Join LHLW Blog:

**livehealthyosu.com**

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**THE OHIO STATE UNIVERSITY**

EXTENSION

— *We Sustain Life* —