CFAES COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

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 <u>harmon.416@osu.edu</u> To register: <u>go.osu.edu/lhlwperry</u>



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