

CFAES

**Live Healthy Live Well
Spring Into Wellness**

Join the Spring Into Wellness Email Challenge

WHAT YOU RECEIVE:

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

WHEN: April 4 – May 15, 2022

WHO: Any adult with an email address

WHY: To help with physical, emotional, financial, social, spiritual, environmental, intellectual, creative, and career wellness

COST: No charge – participation is FREE

Sign up for the *Spring Into Wellness* Challenge at:

go.osu.edu/lhlwlucas

For more information contact:
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livehealthyosu.com

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— *We Sustain Life* —

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