

CFAES

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

 **Think Green...**
it's not just a color



Live Healthy Live Well

Join the “Think Green...it’s not just a color” *Email Wellness Challenge*

Join the “*Think Green...it’s not just a color*” 6-week email wellness challenge for healthy living tips and ideas to improve your well-being.

WHEN: April 3 – May 14, 2023

WHAT YOU RECEIVE:

- Email messages — 1 per week
- Webinars — 1 per week
- Friday Follow Up — 1 per week

WHO: Any adult with an email address – county employees can earn wellness points for participating

WHY: To improve your overall health and wealth

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

 **THE OHIO STATE UNIVERSITY**
EXTENSION

Sign up for the *Think Green... it’s not just a color* challenge at:

<http://go.osu.edu/lhlwross>

For more information contact:

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— *We Sustain Life* —