

OHIO STATE UNIVERSITY EXTENSION

Gardening Local Foods
Behavior Change Fruits Stress Relief
Be Happy
Herbs Positive Attitude
Spring Clean Your Wellness Routine
Live Healthy Live Well
Email Challenge
Vegetables

2015 Spring Live Healthy Live Well Email Wellness Challenge

Who? Any adult wanting to live a healthy life with support from Ohio State University Extension.

What? A “Spring Clean Your Wellness Routine” email challenge, which provides you with two emails a week on a variety of health topics.

Where? In the convenience of your own home, office, or pocket.

When? March 30 through May 10, 2015

How? Click on <http://go.osu.edu/sp15Darke> to register.

Why? We work better together. Supporting one another in living a healthy lifestyle is a smart and fun thing to do.

Contact: Diane Barga at barga.8@osu.edu for additional information.

The program is funded by Ohio State University Extension and County Commissioners Cooperating.

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES