

**CFAES**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

# *Finding Your Path to Wellness*

**Live Healthy Live Well**

Health

Activity

Safety

Finances

Engage

Sustainability

## **Join the Finding Your Path to Wellness Email Wellness Challenge**

*Join the Finding Your Path to Wellness 6-week email wellness challenge for healthy living tips and ideas to improve your overall well being.*

**WHEN:** April 8 – May 19, 2024

**WHAT YOU RECEIVE:**

- Email messages - 1 per week
- Webinars – 1 per week
- Bingo card

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

**WHY:** To improve your overall health

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

Sign up for the *Finding Your Path to Wellness* challenge at:

<https://go.osu.edu/lhlwperry>

For more information contact:

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