



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

harmon.416@osu.edu

To register:

go.osu.edu/lhlwperry



Join LHLW Blog:

livehealthyosu.com

Follow us on Facebook:

go.osu.edu/FBLHLW

perry.osu.edu



THE OHIO STATE UNIVERSITY

EXTENSION

— *We Sustain Life* —