

time ut health

Live Healthy Live Well

**Join Live Healthy Live Well's
*Time Out 4 Health Wellness Challenge***
Learn ways to make time for wellness this fall!

When? October 17 — November 27, 2016

What does it cost? Nothing – Participation is Free!

Who can participate? Any adult with email

Includes? E-mail challenge messages sent 2 times per week, a health tracking log to help you make changes, & lots of encouraging tips!

Why? To find time for health & wellness this fall!

Sign up for our *Time Out 4 Health*

Wellness Challenge at:

<http://go.osu.edu/PERRYLHLWF16>

(case sensitive)

**For more information
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<http://livehealthyosu.com/>

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES