

**RESTART Ohio: *Back to Healthy – Lunch and Learn Series***

Family and Consumer Sciences Educators are teaming up across Ohio to provide a virtual learning series

Join us every Tuesday and Thursday

Noon-12:30 p.m. from July 7 thru August 20

Review series **Schedule and Register:** [go.osu.edu/RestartOhio](https://go.osu.edu/RestartOhio)

*A Moment for Mindfulness*

*Conversation Etiquette*

*When in Rome: What to Eat While on Vacation*

*The Importance of Play in Early Childhood*

*Art of Apologizing*

*Parenting: SMH*

*Active Listening*

*The Benefits of Conflict*

*Be Savvy with Your Spirits*

*Slowing Down: The New Normal*

*Declutter*

*Herbs*

*Parenting Well with Food*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES