



Strong @ Heart

Live Healthy Live Well

Join the Strong @ Heart Email Wellness Challenge

WHAT YOU RECEIVE:

- Email messages - 2 per week
- Health tracking log
- Tips, ideas, recipes, information

WHEN: February 1, 2021 –March 14, 2021**WHO:** Any adult with an email address**WHY:** To improve your heart health -
prevention, sleep, gratitude, foods, fats,
sodium, dining out, activity, laughter**COST:** No charge – participation is FREE

Sign up for the **Strong @ Heart**
Challenge at:

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

For more information contact:

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Join LHLW Blog:

<http://livehealthyosu.com/>

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



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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