

## Join the "Unwrap Your Gifts" Email Wellness Challenge

Join the "Unwrap Your Gifts" 6-week email wellness challenge for healthy living tips and encouragement to help you make the most of this holiday season.

WHEN: October 31-December 11, 2022

## WHAT YOU RECEIVE:

- Email messages 1 per week
- · Webinars 1 per week
- · Tips, ideas, recipes, information

WHO: Any adult with an email address

WHY: To help with the many gifts you have to offer this holiday season

COST: No charge - participation is FREE

Sign up for the *Unwrap Your Gifts* challenge at:

http://go.osu.edu/lhlwbelmont

For more information contact: Lorrissa Dunfee

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Join LHLW Blog: livehealthyosu.com

belmont.osu.edu

— We Sustain Life —



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