

Unwrap Your Gifts



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:

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Join LHLW Blog:

livehealthysu.com

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— *We Sustain Life* —



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