



Join the **Get Your Elves in a Row!** Wellness Challenge!

Does the holiday season find you rushing around trying to accomplish too much? This on-line challenge will help you add regular movement, mindfulness and healthy “elf eats” into your lifestyle. Learn ways to simplify your schedule and your gift list, set realistic expectations, and embrace positivity. Watch for strategies and tips to help you organize your décor/stuff after the holidays.

Join the **Get Your Elves in a Row!** 6-week Email wellness challenge for healthy living tips and encouragement to help you make you most of this holiday season. Email wellness messages will be delivered to your in-box twice a week.

For more information, contact:
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Wellness Challenge Dates:
November 25, 2019 – January 5, 2020

Cost: Participation is free!

Who Can Participate? Any adult with an active Email account

Sign up for the *Elves* Challenge at:
[Go.osu.edu/ElvesBelmont19](https://go.osu.edu/ElvesBelmont19)

Receive our text messages:
Text [@lhlw365-5](https://text.osu.edu/@lhlw365-5) to 81010

Join our Blog:
go.osu.edu/FBLHLW

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