



## Live Healthy Live Well Play Your Way Through the Holidays

# Join the Play Your Way Email Wellness Challenge

### WHAT YOU RECEIVE:

Email messages - 2 per week  
Tips, ideas, recipes, information

**WHEN:** November 15 –December 26, 2021

**WHO:** Any adult with an email address

**WHY:** To make **play** part of your holidays through traditions, gratitude, food, communication, activity, and laughter

**COST:** No charge – participation is FREE

### REGISTER HERE:

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

Sign up for the ***Play Your Way*** Challenge at:

For more information  
contact:

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