



**Join the Email Challenge**  
***Play Your Way Through the Holidays!***

**Nov. 15 – Dec. 22, 2021**

**Sign up for the Ohio State University Extension,  
Live Healthy Live Well 6-week Email Wellness Challenge. Two  
weekly e-mails will be sent directly to you from an  
OSU Extension Professional.**

**Let's have fun and explore different ways to "Play Through the Holidays". Play BINGO with us and check off your bingo spots by participating in our wellness activities. Our creative writing team will share ideas to help you:**

- **Learn Stress Reduction Tips**
- **Explore Brain Health Games**
- **Get Outside and Play**
- **Learn about Traditions**
- **Focus on Your Mental Health**
- **Consider Positive Communication Strategies**
- **Explore Money Saving Holiday Tips**
- **Try Healthy Recipes while Playing with Food**
- **Find Ways to Laugh More**

**What is the cost? It's FREE!!**

**Who can participate?** Any adult with an email account.

**How do I sign up?** Look at this chart and find your county. Go to the link beside your county and register before November 15.

County	golink
Belmont	<a href="https://go.osu.edu/LHLWBelmont">go.osu.edu/LHLWBelmont</a>
Brown	<a href="https://go.osu.edu/LHLWCincinnati">go.osu.edu/LHLWCincinnati</a>
Butler	<a href="https://go.osu.edu/LHLWButler">go.osu.edu/LHLWButler</a>
Champaign	<a href="https://go.osu.edu/LHLWChampaign">go.osu.edu/LHLWChampaign</a>
Clark	<a href="https://go.osu.edu/LHLWClark">go.osu.edu/LHLWClark</a>
Clermont	<a href="https://go.osu.edu/LHLWCincinnati">go.osu.edu/LHLWCincinnati</a>
Coshocton	<a href="https://go.osu.edu/LHLWCoshocton">go.osu.edu/LHLWCoshocton</a>
Darke	<a href="https://go.osu.edu/LHLWWest">go.osu.edu/LHLWWest</a>
Defiance	<a href="https://go.osu.edu/LHLWPaulding">go.osu.edu/LHLWPaulding</a>
Fairfield	<a href="https://go.osu.edu/LHLWFairfield">go.osu.edu/LHLWFairfield</a>
Fayette	<a href="https://go.osu.edu/LHLWFayette">go.osu.edu/LHLWFayette</a>
Franklin	<a href="https://go.osu.edu/LHLWFranklin">go.osu.edu/LHLWFranklin</a>
Fulton	<a href="https://go.osu.edu/LHLWArea1">go.osu.edu/LHLWArea1</a>
Greene	<a href="https://go.osu.edu/LHLWGreene">go.osu.edu/LHLWGreene</a>
Hamilton	<a href="https://go.osu.edu/LHLWCincinnati">go.osu.edu/LHLWCincinnati</a>
Hancock	<a href="https://go.osu.edu/LHLWHancock">go.osu.edu/LHLWHancock</a>
Hardin	<a href="https://go.osu.edu/LHLWHardin">go.osu.edu/LHLWHardin</a>
Henry	<a href="https://go.osu.edu/LHLWArea1">go.osu.edu/LHLWArea1</a>
Hocking	<a href="https://go.osu.edu/LHLWFairfield">go.osu.edu/LHLWFairfield</a>
Holmes	<a href="https://go.osu.edu/LHLWHolmes">go.osu.edu/LHLWHolmes</a>
Knox	<a href="https://go.osu.edu/LHLWKnox">go.osu.edu/LHLWKnox</a>
Licking	<a href="https://go.osu.edu/LHLWLicking">go.osu.edu/LHLWLicking</a>
Lucas	<a href="https://go.osu.edu/LHLWLucas">go.osu.edu/LHLWLucas</a>
Mahoning	<a href="https://go.osu.edu/LHLWMahoning">go.osu.edu/LHLWMahoning</a>
Medina	<a href="https://go.osu.edu/LHLWMedina">go.osu.edu/LHLWMedina</a>
Mercer	<a href="https://go.osu.edu/LHLWWest">go.osu.edu/LHLWWest</a>

Monroe	<a href="http://go.osu.edu/LHLWMonroe">go.osu.edu/LHLWMonroe</a>
Montgomery	<a href="http://go.osu.edu/LHLWMontgomery">go.osu.edu/LHLWMontgomery</a>
Morrow	<a href="http://go.osu.edu/LHLWMorrow">go.osu.edu/LHLWMorrow</a>
Noble	<a href="http://go.osu.edu/LHLWNoble">go.osu.edu/LHLWNoble</a>
Ottawa	<a href="http://go.osu.edu/LHLWOttawaSandusky">go.osu.edu/LHLWOttawaSandusky</a>
Paulding	<a href="http://go.osu.edu/LHLWPaulding">go.osu.edu/LHLWPaulding</a>
Perry	<a href="http://go.osu.edu/LHLWPerry">go.osu.edu/LHLWPerry</a>
Pickaway	<a href="http://go.osu.edu/LHLWPickaway">go.osu.edu/LHLWPickaway</a>
Pike	<a href="http://go.osu.edu/LHLWPike">go.osu.edu/LHLWPike</a>
Preble	<a href="http://go.osu.edu/LHLWWest">go.osu.edu/LHLWWest</a>
Putnam	<a href="http://go.osu.edu/LHLWPaulding">go.osu.edu/LHLWPaulding</a>
Ross	<a href="http://go.osu.edu/LHLWRoss">go.osu.edu/LHLWRoss</a>
Sandusky	<a href="http://go.osu.edu/LHLWOttawaSandusky">go.osu.edu/LHLWOttawaSandusky</a>
Trumbull	<a href="http://go.osu.edu/LHLWTrumbull">go.osu.edu/LHLWTrumbull</a>
Van Wert	<a href="http://go.osu.edu/LHLWPaulding">go.osu.edu/LHLWPaulding</a>
Vinton	<a href="http://go.osu.edu/LHLWVinton">go.osu.edu/LHLWVinton</a>
Warren	<a href="http://go.osu.edu/LHLWWarren">go.osu.edu/LHLWWarren</a>
Washington	<a href="http://go.osu.edu/LHLWWashington">go.osu.edu/LHLWWashington</a>
Wayne	<a href="http://go.osu.edu/LHLWWayne">go.osu.edu/LHLWWayne</a>
Williams	<a href="http://go.osu.edu/LHLWArea1">go.osu.edu/LHLWArea1</a>
Wood	<a href="http://go.osu.edu/LHLWWood">go.osu.edu/LHLWWood</a>

**If your county isn't listed, you may register with this link:**  
[go.osu.edu/lhlwopen](http://go.osu.edu/lhlwopen)

**For more information, contact Lisa Barlage, [barlage.7@osu.edu](mailto:barlage.7@osu.edu)  
or Roseanne Scammahorn [scammahorn.5@osu.edu](mailto:scammahorn.5@osu.edu)**

**Play Your Way Through the Holiday!!**

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