



Join the Fall 2020 Email Wellness Challenge

WHAT YOU RECEIVE:

- Email messages - 2 per week
- Health tracking log
- Encouraging tips

WHEN: October 19, 2020 – November 30, 2020**WHO:** Any adult with an email address**WHY:** To learn tips on ways to take a break (school/work, technology, play, holiday, snacks, and more)**COST:** No charge – participation is FREESign up for the *Take a Break* Challenge at:go.osu.edu/perryfall2020

For more information contact:

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<http://livehealthyosu.com/>

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