

CFAES

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Think Green... it's not just a color



Live Healthy Live Well

Join the “Think Green...it’s not just a color” *Email Wellness Challenge*

Join the “*Think Green...it’s not just a color*” 6-week email wellness challenge for healthy living tips and ideas to improve your well-being.

WHEN: April 3 – May 14, 2023

WHAT YOU RECEIVE:

- Email messages — 1 per week
- Webinars — 1 per week
- Friday Follow Up — 1 per week

WHO: Any adult with an email address

WHY: To improve your overall health and wealth

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



THE OHIO STATE UNIVERSITY
EXTENSION

Sign up for the *Think Green...it’s not just a color* challenge at:
<https://go.osu.edu/lhlwwashington>

For more information contact:
Amanda Bohlen
bohlen.19@osu.edu



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— *We Sustain Life* —