



Join the “Get Your Elves in a Row!” Email Wellness Challenge!

Challenge Dates: November 25, 2019 – January 5, 2020

Two weekly emails will be sent directly to you from your local OSU Extension Family and Consumer Sciences Professional.

You will learn tips & strategies to:

- Practice Mindfulness
- Simplify your Meals
- Organize your Holiday Décor

- Embrace Humor and Positivity
- Declutter your Gift List and Schedule
- Eat more Vegetables and Fruits
- Add more Movement (“Elfercise”) to your Day

What does it cost? Nothing – it is free!

Who can participate? Any adult with an email account.

How do I sign up? Go to go.osu.edu/ElvesMahon19

Or contact Beth Stefura at stefura.2@osu.edu

Registration will close on December 2, 2019.

Sponsored by Ohio State University Extension

Writer: Michelle Treber, Extension Educator, Family and Consumer Sciences, Pickaway County, treber.1@osu.edu

Reviewer: Jenny Lobb, Extension Educator, Family and Consumer Sciences, Franklin County, lobb.3@osu.edu



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES

COLLEGE OF FOOD, AGRICULTURAL,

AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND HUMAN ECOLOGY

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu.
For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

If you wish to unsubscribe from Ohio State University Extension's Live Healthy Live Well emails, please reply to this message with the text "unsubscribe."