

CFAES

*It's All
About Time*



Live Healthy Live Well

Join the Spring 2020 Email Challenge
It's All About Time

- What:** Email messages 2/week
Health tracking log
Encouraging tips
- When:** April 6, 2020 – May 18, 2020
- Who:** Any adult with an email
- Why:** To learn tips about time (time management, priority time, “me” time, screen time, party time, mealtime and more)
- Cost:** No charge – participation is free

Sign up for the *It's All About Time Challenge* at: <https://go.osu.edu/mahoningsp20>
For more information contact: Beth Stefura at stefura.2@osu.edu

Join LHLW Blog: <http://livehealthyosu.com/>



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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