



# Live Simply, Live Well: Refresh Your Wellness This Spring

**Live Healthy Live Well**

## Join the *Live Simply, Live Well:* *Refresh your Wellness this Spring Challenge*

For many, springtime is a perfect time to refresh. This on-line challenge will help you improve your health by encouraging ways to add regular movement, mindfulness techniques and healthy eating into your lifestyle. Participants will learn ways to simplify their schedules and to embrace positivity. Is it time to de-clutter? Watch for strategies and tips for this springtime organization routine.

Learn suggestions to help you downsize and simplify your life.

Join the ***Live Simply, Live Well: Refresh your Wellness this Spring*** 6 week email wellness challenge for healthy living tips and encouragement to help you make the most of this spring season. You will receive twice-weekly email wellness messages.

**When?** April 8 – May 20, 2019

**What does it cost?** Nothing – Participation is Free!

For more information, contact:  
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Receive our text messages:  
Text @lhlw365 to 81010

Sign up for the  
**Spring Refresh Challenge at:**  
<http://go.osu.edu/NWOSp19>

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