CFAES

OHIO STATE UNIVERSITY EXTENSION

Wellness Wednesdays

The *Live Healthy Live Well* team is pleased to offer wellness webinars the 2nd and 4th Wednesday of each month – 12:00 – 12:30 PM

May 12 – Make Your Salad Fresh Again!

May 26 – Gluten Free Eating

June 9 – Nature and Nutrition

June 23 – The Benefits of Silence

July 14 – The Mediterranean Diet

July 28 – Make the Most of Family Mealtime

August 11 – The Benefits of Laughter

August 25 – Happiness 101

September 8 – Climate Change and Health

September 22 – Rightsizing Your Space

Register for one or more of these FREE webinars at *go.osu.edu/wellnessweds*

For more information, or if you require an accommodation such as live captioning to participate in this event, please contact Jenny Lobb at *lobb.3@osu.edu* or 614-292-7775.

Requests made 10 day prior to the event will generally allow enough time to provide seamless access; however, the university will still make every effort to meet requests made after this date.

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

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