

Live Healthy Live Well

Ohio State University Extension, Signature Program

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Live Healthy Live Well -

Workplace wellness program that encourages healthful habits to improve participants' well-being, reduce the need for healthcare services, lower absenteeism rates at work, and help control costs for employers.



2014 Spring Challenge

Live Healthy Live Well

Week 5, Message # 1 – May 5, 2014

Container Gardening



Dear Challenge Friends,

How are you doing? Did you get a chance to do something outside this weekend? I know a number of my friends participated in run/walks over the weekend, while I enjoyed my first trij year. The only thing I have left on the bottom of my tracking calendar/log is to plant a new herb or vegetable. What do you have left??

*Enjoy your week,
Lisa*

Gardening is something that I love to do. It gets me outside to enjoy the fresh air and sunshine. Anyone can garden no matter how much space you have. Container gardening is a way to use sr




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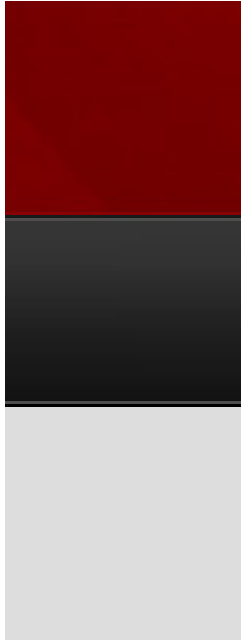
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Qualtrics is used to register people for the email program -

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Please fill out the following:

First Name	<input type="text"/>
Last Name	<input type="text"/>
Email address	<input type="text"/>
Repeat Email address	<input type="text"/>



Please identify your employer (if applicable).

- Ohio County government (please identify which county)

- Ohio State University

- Other (please specify)



Your Plan for Health Challenge!



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