

Live Healthy Live Well

Please return to lowe.495@osu.edu
or fax to 740-474-7967

Find Your Path to Wellness

B	I	N	G	O
Wear sunscreen outside	Declutter one room in your home	Try a new exercise	Take time to plan your next vacation	Step outside of your comfort zone
Take an afternoon "off"	Cook a meatless meal for dinner	Join a new group activity	Journal about your experiences with nature	Try a new nature trail or walking path
Try a new food	Enjoy an evening outdoors	FREE SPACE	SAFELY view the solar eclipse	Recycle today
Take a walk outside today	Listen for 3 different sounds outside your home or office	Plan a fun day at home	Reuse leftover food in another meal	Make a budget for your next travel
Donate an unused item in your home	Sit outside and watch for signs of nature	Invite a friend to try a new restaurant with you	Wear a wide-brimmed hat and sunglasses when outdoors today	Research an art, culture, or nature event in your area.

