

Take Charge! Live Well!

Statewide Walking Challenge:

April 29 through June 10

Additional details: ohio.gov/tclw

Improve your health and wellness with the new wellness webinar series



Live wellness webinars – first Wednesday of each month

Topics include:

Nutrition | Setting Health Goals | Heart Health | Much more

Access recorded webinars at your convenience, 24/7 at ohio.gov/tclw.