Join OSU Extension, Live Healthy Live Well for the “Zero Weight Gain Challenge”


What does it cost: Nothing – Free!

Who can participate: Any adult with an email account.

What is included: Twice weekly educational messages, tracking log for progress, and pre-post online survey to show participant’s knowledge gained and behaviors changed.

Why: To improve your overall health and well-being.

How do I sign up? Follow this link to online sign up http://go.osu.edu/ZWGHardin

For additional information contact:
Kathy Oliver oliver.1@osu.edu or phone 419-674-2297

Sponsored by: Ohio State University Extension and County Commissioners Cooperating

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Keith L. Smith, Associate Vice President for Agricultural Administration; Associate Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension; and Gist Chair in Extension Education and Leadership.

For Deaf and Hard of Hearing, please contact Ohio State University Extension using your preferred communication (e-mail, relay services, or video relay services). Phone 1-800-750-0750 between 8 a.m. and 5 p.m. EST Monday through Friday. Inform the operator to dial 614-292-6181.