



CFAES

Fitness for Farm Life webinar series

Fitness for Farm Life is an educational program aimed at improving the quality of work and life for agricultural workers, gardeners and anyone interested in wellness, of all ages and abilities. The goal of this program is to show you that by taking some small steps to care for our bodies and physical health, then in turn you can improve and preserve your physical abilities to continue living an active life.

Tuesday May 5, 12 and 19, 7 - 7:30 pm

May 5 - Fitness for Farm Life: Safe lifting

May 12 - Fitness for Farm Life: Exercises and stretches

May 19 - Fitness for Farm Life: Health, wellness and pain management

Registration is not required, just log in and join: <https://go.osu.edu/farmfitness>



Attendees seeking an accommodation to participate in the webinar are encouraged to contact Laura Akgerman at akgerman.4@osu.edu as early as possible, and in advance of the event to request accommodations. The webinar will be recorded and a captioned version will be posted online at the Ohio AgrAbility website, on the resources page, under the Webinars and Handouts 2020 tab <https://agrability.osu.edu/resources/webinars-and-handouts-2020>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

—We Sustain Life—

<https://agrability.osu.edu/resources/fitness-farm-life>

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