

# WEDNESDAY WELLNESS TIP:

10/12/16

HELLO! HERE ARE SOME HELPFUL HEALTH AND WELLNESS TIPS THAT ARE EASY TO START TODAY! CHECK OUT OUR WEBSITE FOR MORE GREAT INFORMATION! LANSING GO!



## Nutrition Tip

**Try some healthy pumpkin recipes!**

[Healthy Pumpkin Bread](#)

[Healthy Pumpkin Recipes](#)

[..and some more!](#)

### ***Upcoming Events!***

***\*\*We are starting our Walking Works Program***

***Monday October 17! Stay tuned for details!\*\****

[5 K Chili Challenge - Sunday November 6th!](#)

[Check out what else is going on around Ithaca!](#)

[Cancer Resource Center - 5K Walkathon and run - 10/22/16!](#)

***Compliments of Lansing GO, Employee Wellness Committee!***