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!