WEDNESDAY WELLNESS TIP: 10/19/16

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!

Wellness Tip

October is Breast Cancer Awareness Month!

❖ Educate yourself! Advocate for yourself and others!

National Breast Cancer Foundation

Breast Cancer Awareness

Upcoming Events!

WalkingWorks has started! Click here to register!

Cancer Resource Center - 5K Walkathon and run - 10/22/16!

5 K Chili Challenge - Sunday November 6th!

Compliments of Lansing GO, Employee Wellness Committee!