

WEDNESDAY WELLNESS TIP:

10/26/16

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!](#)



IT'S
THE GREAT
PUMPKIN
WORKOUT

Fitness Tip

Ever work out with a pumpkin?

Try out some of these fun pumpkin workout ideas!

[Total Body Pumpkin Workout](#)

[Power Pumpkin Workout](#)

Upcoming Events!

[WalkingWorks has started! Click here to register!](#)

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

Compliments of Lansing GO, Employee Wellness Committee!