

WEDNESDAY WELLNESS TIP:

11/2/16

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

Take advantage of fall veggies!

- ❖ Autumn is filled with many different great veggies. Check out some yummy recipes for some classic fall harvest!

[Fall Veggies You Should Know How To Cook!](#)

[Fall Gardening Guide](#)

[Healthy Thanksgiving Recipes, ...and some more!](#)

Events!

[5K Chili Challenge THIS SUNDAY 11/6!](#)

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

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

Compliments of Lansing GO, Employee Wellness Committee!