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!