

WEDNESDAY WELLNESS TIP:

11/30/16

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

Start Eating Healthy Today!

The holiday season is surrounded by many wonderful things, including lots of delicious foods! Don't wait until the New Year to start eating healthy. There are little things you can do NOW to set your self up for success!

[Fall into Healthy Eating Habits](#)

[5 Nutrition Tips For a Healthy Fall](#)

Upcoming Events!

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

STAY TUNED FOR THE 12 DAYS OF FITNESS!

Compliments of Lansing GO, Employee Wellness Committee!