

WEDNESDAY WELLNESS TIP:

11/9/16

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

Give thanks and show gratitude!

❖ "It can lower blood pressure, improve immune function and facilitate more efficient sleep."

Gratitude is good for your health!

10 Ways to Give Thanks to Your People

29 Ways to Show Unique Gratitude

Upcoming Events!

Check out what else is going on around Ithaca!

Veteran's Day Ceremony 11/11 11am at Dewitt Park

Compliments of Lansing GO, Employee Wellness Committee!