

WEDNESDAY WELLNESS TIP:

12/14/16

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

Tis the season for giving!

The holiday season is filled with many things, including gift giving. Giving gifts can help improve our feelings of happiness and wellness. Gifts don't have to cost money! Find small ways to give this holiday season!

[Fun gift exchange ideas](#)

[Giving is good for you!](#)

[Meaningful gift ideas](#)

[Free holiday gift ideas](#)

[21 ways to give back this holiday season!](#)

Upcoming Events!

[1st Day Hike 1/1/17 at Taughannock Falls State Park!](#)

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

Compliments of Lansing GO, Employee Wellness Committee!