

# WEDNESDAY WELLNESS TIP:

12/21/16

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

### *Eat Healthy This Holiday!*

The holiday season is filled with many yummy treats and some of our favorite foods. Here are some ideas of how to make things a little healthier!

[10 Healthy Christmas Treats](#)

[40 Healthy Holiday Treats](#)

[More Healthy Meal Ideas](#)

[...And some more!](#)

### *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!