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!