

WEEKLY WELLNESS TIPS: 5/24/17

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 *Allergies!*

- ❖ Who knows what this season will bring, but last year was rough!
- ❖ If you suffer from allergies, consider eating some local honey!

How can honey help?

5 tips for allergies this spring

Allergy forecast

Upcoming Events!

Some Regional Fitness Events

Finger Lakes Runners Club - Upcoming Races

Finger Lakes Runners Club - Trail Circuit

Compliments of Lansing GO, Employee Wellness Committee!