

# WEEKLY WELLNESS TIPS: 6/14/17

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 *SPF!*

- ❖ With the weather getting warmer, don't forget to protect yourself in the sun!!
- ❖ Here are some facts about sun exposure, and some tips:

[What can a sunburn do to you?](#)

[What SPF should I use?](#)

***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!*