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!