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!

Join a CSA!

- Community Supported Agriculture is a way to get a lot of local produce, while supporting a local farm(s)
- There are so many great farms in our area, with plenty of ways to have access to fresh produce!

What is CSA?
CSA Directory for Local Farms and CSAs!
Full Plate Farm Collective - Support Multiple Farms!
Ithaca Farmer's Market

Upcoming Events!
Gorges Half Marathon - June 17th!
Some Regional Fitness Events
Finger Lakes Runners Club - Upcoming Races
Finger Lakes Runners Club - Trail Circuit

Compliments of Lansing GO, Employee Wellness Committee!