

WEEKLY WELLNESS TIPS: 6/7/17

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!](#)



Nutrition Tip

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!