

WEDNESDAY WELLNESS TIP:

1/11/17

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

Try some winter veggies!

- ❖ Many people think the season of fresh local veggies is in the summer months...not true!
- ❖ Winter veggies include potatoes, turnips, carrots, kale, beets..just to name a few! Try putting them in a roast!

[Winter Veggie Roast](#)

[Fruits and Veggies to Eat in the Winter](#)

[Ithaca WINTER Farmer's Market!](#)

Upcoming Events!

[Ithaca Loves Teachers is coming up!](#)

[Check out what else is going on around Ithaca!](#)

[1st Saturday Educational Hike](#)

Compliments of Lansing GO, Employee Wellness Committee!