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!

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!