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

Make time for yourself!

- We all seem incredibly busy at times...perhaps all the time!
- Prioritize your time so that you get the really important stuff accomplished, but make sure you schedule some fun/relaxing family time (or just you time)!

Ways to achieve a balance...

9 Work/Life Balance Tips for Teachers

Upcoming Events!

Ithaca Loves Teachers is coming up!

Winter Chill 5K Series

1st Saturday Educational Hike

Tough Turtle 2017!

Compliments of Lansing GO, Employee Wellness Committee!