

# WEDNESDAY WELLNESS TIP:

1/18/17

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!](#)

If you ever want to know what a teacher's mind is like, imagine a browser with 1,324 tabs open.

All. The. Time.

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user card



## 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!**