WEDNESDAY WELLNESS TIP: 1/25/17
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!

Fitness Tip
Get into some fitness classes!

- Whether you are a beginner to the fitness world, or someone who likes to mix it up, try one of the many fitness classes out there!
- Many gyms offer group classes...check one out near you!
- Bring a friend and make it more fun!
- STAY TUNED FOR FITNESS AND YOGA CLASSES HERE AT SCHOOL!!

Classes at the YMCA!
Jazzercise Ithaca!

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!