

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!