

WEDNESDAY WELLNESS TIP:

10/5/16

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

Check out some fall foliage!

- ❖ Whether you are driving, kayaking, walking, or hiking, this is a great area to take in the picturesque autumn!

Places to view fall foliage in the Finger Lakes

Finger Lakes Water Fall Hikes

Cayuga Trails Club

Upcoming Events!

Youth XC Races!

Finger Lakes Runners Club Events

Check out what else is going on around Ithaca!

Compliments of Lansing GO, Employee Wellness Committee!