

WEDNESDAY WELLNESS TIPS:

2/15/17

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!](#)



Nutrition Tip

Eat Dark Chocolate!

- ❖ From anti-oxidants to heart health, there is plenty of info out there that says dark chocolate isn't so bad for you!

[Some benefits of dark chocolate..](#)

[And some more..](#)

[Some other "healthy" options!](#)

Upcoming Events!

[Ithaca Loves Teachers is coming up!](#)

[Winter Chill 5K Series](#)

[1st Saturday Educational Hike](#)

[Tough Turtle 2017!](#)

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Compliments of Lansing GO, Employee Wellness Committee!