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!

Spread the Love!

- Valentine’s Day is a great opportunity to show some love to the people in your life!
- Whether it’s a romantic partner, child, friend, family member, co-worker, or even a stranger...do something to show you care! (You will feel good about yourself too)

7 Reasons Love Is Good For Your Heart!

Ways To Spread The Love This Valentine's Day!

Upcoming Events!

- Ithaca Loves Teachers Is Almost Here!
- Finger Lakes Running Club - Indoor Track Meets!
- Tough Turtle 2017!

Compliments of Lansing GO, Employee Wellness Committee!