

# WEDNESDAY WELLNESS TIP: 2/8/17

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!](#)



## Wellness Tip

### *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 Valenine's Day!](#)

### *Upcoming Events!*

[Ithaca Loves Teachers Is Almost Here!](#)

[Finger Lakes Running Club - Indoor Track Meets!](#)

[Tough Turtle 2017!](#)

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Compliments of Lansing GO, Employee Wellness Committee!