

WEDNESDAY WELLNESS TIPS:

3/15/17

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!](#)



Wellness Tip

Celebrate!

- ❖ Whether you're Irish or not, make time to celebrate!
- ❖ St. Patrick's Day celebrations include parades, parties, leprechaun traps, green themes, and more...let yourself have a little fun!

Some ways to celebrate!

Some kid friendly ideas!

❖ *Upcoming Events!*

Tough Turtle 2017!

Compliments of Lansing GO, Employee Wellness Committee!