

WEDNESDAY WELLNESS TIPS: 3/29/17

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

Meatless Mondays!

- ❖ This time of year, many choose to give up meat on Fridays for religious reasons...ever think of making that a habit?
- ❖ Reducing your consumption of meat can make you healthier, save you money, and save the environment!

What is it?

Why meatless?

What to eat instead?

❖ ***Upcoming Events!***

Tough Turtle 2017!

Journey Fitness Challenge (see attachment for details)

Compliments of Lansing GO, Employee Wellness Committee!