

WEDNESDAY WELLNESS TIPS: 3/8/17

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!](#)



Nutrition Tip

Got Quinoa?

- ❖ Quinoa is a delicious, nutritious “super grain” with almost twice as much fiber as other grains!
- ❖ It also happens to be a complete protein! Learn more below:

[What is it??](#)

[Why eat it?](#)

[Delicious quinoa recipes!](#)

❖ *Upcoming Events!*

[Tough Turtle 2017!](#)

Compliments of Lansing GO, Employee Wellness Committee!