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!

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!