

# WEDNESDAY WELLNESS TIPS:

4/26/17

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!



## Fitness Tip

### ***Try an obstacle course!***

- ❖ The Tough Turtle is on Saturday May 6<sup>th</sup> and is a fundraiser for the Ithaca Children's garden!
- ❖ You can participate alone or on a team...it's a lot of fun and they even have a kids section!

Tough Turtle Info

Get in shape for it!

No equipment? No Problem!

Ithaca Children's Garden

Compliments of Lansing GO, Employee Wellness Committee!