

# Health and Wellness Seminar

February 2015

## Healthy Heart



Our mission is to promote Health awareness and to encourage healthy lifestyles.



Thursday, February 19, 2015

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: Clemente Gonzalez, RN

### Reducing Risk Makes the Heart Grow Stronger

Are you in a risky relationship with your heart? It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk. For example, you may hope that if you exercise regularly, you can still eat a lot of fatty foods and stay fairly healthy. Not true. To protect your heart, make the changes that address each and every risk factor you have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

Source: U.S. Department of Health and Human Services

Please register with Human Resources no later than:  
Wednesday, 02/18/2015

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month.

Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [achapa@missiontexas.us](mailto:achapa@missiontexas.us).

