



**March
2017**

Health & Wellness Seminar

Nutrition

Thursday, March 23, 2017
2:30 p.m. – 3:30 p.m.
Council Chambers

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month.

Employees 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

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

Lean With Protein








You have lots of choices when it comes to protein foods. This food group is made up of fish, meat, poultry, nuts, seeds and eggs.

When making protein choices, choose lean and low-fat foods rather than ones high in cholesterol and saturated fat. High-fat foods can raise health risks like heart disease.

Catch the health benefits of seafood

Did you know that getting omega-3 fatty acids from eating about 8 ounces of seafood per week can help ward off heart disease? (Younger children need less.)

Eat seafood varieties high in omega-3 such as:

-  Salmon
-  Herring
-  Trout
-  Sardines
-  Pacific oysters
-  Anchovies
-  Atlantic and Pacific mackerel

Lean toward wise choices to reap healthful results from protein-rich foods.

Source: United States Department of Agriculture

**Human Resources Department
1201 E. 8th Street
Mission, Texas 78572
(956) 580-8631**

