



Health & Wellness Seminar
Topic: Immunizations
Thursday, August 22, 2013
from 2:30pm–3:30pm
Speaker: Dr. Steven Havener, MD

Please register by
Wednesday
August 21, 2013 .
Please contact
Human
Resources at
580-8631 to
register for this
seminar.

Why are immunizations so important?

It is always better to prevent a disease than to have to treat it later. Immunizations were developed to prevent disease in the people who receive them. Immunizations also help protect people who come in contact with others who have not been immunized.

Immunization-preventable diseases like influenza (flu), tetanus and measles can cost you and your Family time and money because of doctor visits, lost duty and training time, and hospitalizations. When children get sick with immunization-preventable diseases, their parents must often lose time at work.

A successful immunization program depends on everyone being involved to make it work. So, “take one for the team” and make sure that your immunizations are up-to-date, and make sure your Family is protected, too. Consider immunizations as a key weapon in the battle against immunization-preventable disease.

Source: Health Tips from Army Medicine



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 npeña@missiontexas.us.

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

Questions? Contact the Human Resources Department at 956-580-8630.

