



Mission In Motion

Health & Wellness
Tip of the Week
Week 15



April 8, 2013



Is heartburn keeping you up at night? Try sleeping on your left side, which helps reduce acid backup. Elevating the head of your bed might also help.

Source: University of California, Berkeley Wellness Letter

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

