

Health and Wellness Tip of the Week - Week 44

November is Diabetes Awareness Month. It's the perfect time to remind employees about the importance of staying healthy and lowering your risk of diabetes.

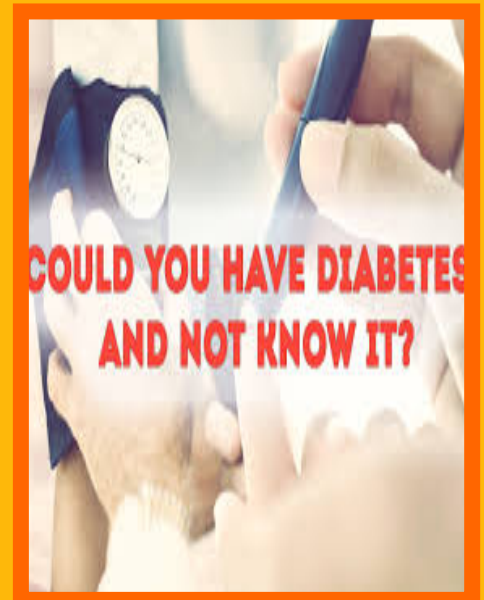
November 2, 2015

Watch It: Diabetes Can Be Sneaky

Diabetes can sneak up on you. You may not know you have it. Here are some signs to watch for:

- 🦉 intense hunger
- 🦉 low energy; thirst
- 🦉 weight loss
- 🦉 frequent urination
- 🦉 slow healing sores
- 🦉 blurry sight
- 🦉 tingling or loss of feeling in your hands or feet.

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



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