



Health and Wellness Seminar

Who: City of Mission

What: Educational Lunch and Learn Seminar

Where: Central Fire Station

When: September 20, 2018 at 12:00pm – 1:00pm

Topic: Stress Management

Presenter: Christopher Cantu, MA, LPC-S, CART

*Please register with Human Resources no later
than 1:00 p.m. on September 19, 2018.*



DHRHealth

For You.

For Life.