

Health & Wellness Tip of the Week

Week 28

July 9, 2018

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



It's Time to Hit the Road

Motor car crashes are the number one cause of death for children and young adults ages 5 to 24, and the second cause of death for adults 25 and older and for toddlers.

Don't let your summer driving trip be a non-starter. Try these tips to get you on the road to fun:

- Slow down. Keep it at the speed limit.
- Never use your phone while driving.
- Use seat belts on all trips, no matter how short. Make sure passengers buckle up, too. Unbuckled passengers can hurt other passengers in a crash.
- Alcohol, even in small amounts, can impair driving. Don't drive after drinking alcohol or using drugs, and don't let others.

Sources: National Safety Council and National Highway Traffic Safety Association

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