



November 2018

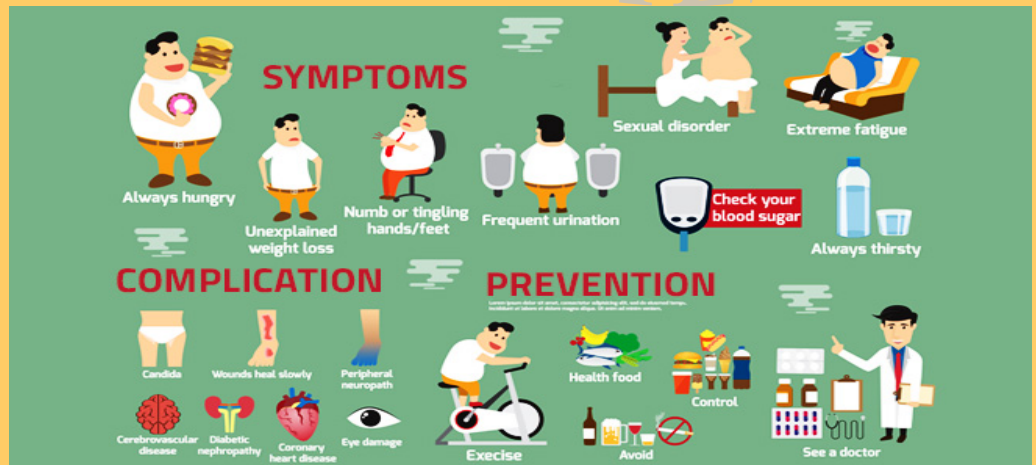
# Health & Wellness Seminar

The Human Resources Department, in conjunction with Hospitals and other vendors, hosts health and wellness seminars each month. Employees 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 580-8630 or emailing [npena@missiontexas.us](mailto:npena@missiontexas.us)

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

## DIABETES



Thursday, November 29, 2018

2:30 p.m. – 3:30 p.m.

City Hall Council Chambers



Register with Human Resources no later than

Wednesday, November 28, 2018.

Human Resources Department  
1201 E. 8<sup>th</sup> Street  
Mission, Texas 78572  
(956) 580-8631

