



Health and Wellness Tip of the Week Week 16 – April 15, 2019

Stay Active – Ease Your Mind

Staying active is a great way to keep your body healthy and your mind alert. But there are also other benefits. Activities can help keep your mind off of stress coming from other areas of your life. Try new activities like volunteering, exercising, walking the dog or helping a neighbor. Give your mind a break and enjoy a rewarding activity.

Source: Centers for Disease Control and Prevention

City of Mission

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

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