



Health and Wellness Seminar

May 2019



City of Mission, in conjunction with South Texas Health System – Behavioral, will be hosting a Behavioral Wellness seminar.

Behavioral Wellness – *How do we get there?*

The presentation will cover a wide array of diagnosis that affect your Mental Health at the workplace as well as your general health and everyday life. The goal is to equip you with the treatment options and how to properly deal with them.

**Thursday, May 16, 2019
2:30p.m. – 3:30p.m.
City Hall Council Chambers
Presenter: Bonny Quintanilla PhD, LPC**

Please register with Human Resources no later than Wednesday, May 15, 2019 by 1:00p.m.

City of Mission

Phone: 956-580-8631
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Human Resources Department
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