



Health and Wellness Tip of the Week Week 28 – July 8, 2019

Trash the Tobacco

Nearly 18 of every 100 adult men in the U.S. are current smokers. The good news is, there are many resources available to help you quit. There are also many health benefits when you quit smoking, like:

- Lowered risk for cancer
- Reduced risk of heart disease
- Reduced respiratory symptoms like coughing or wheezing
- Lowered risk of developing lung disease

Take control of your health and start your plan to quit today!

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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