



Health and Wellness Tip of the Week Week 42 – October 14, 2019

Leading by Example

As many as 70.6 percent of young people say they have seen bullying in their schools. Children are like sponges and soak up each thing in their environment. It is important to model how to treat others with kindness and respect. Remember, children learn by example, and they are always watching.

Source: Stopbullying.gov

City of Mission

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

www.missiontexas.us

