



Healthy Holidays

Health and Wellness Tip of the Week

Week 50 – December 9, 2019

Holiday Health and Happiness

The holidays are a special time that brings joy and thankfulness. During all the festivities, it's important to make sure you are staying healthy.

- Wash hands for at least 20 seconds
- Wear extra layers
- Don't forget your flu shot
- Enjoy a light snack before attending parties to avoid overeating
- Fasten seatbelts while on the road
- Don't drink and drive

Enjoy the holidays and remember to keep them safe and jolly!

Source: Centers for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

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

www.missiontexas.us

