



Women's Heart Risk

Health and Wellness

Tip of the Week
Week 8
February 24, 2020

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

Love Your Heart

It's vital to keep your heart healthy. Start today by lowering your chance of getting heart disease with these tips:

- Know your blood pressure and have it checked often.
- Talk with your doctor if you should be tested for diabetes.
- If you smoke, quit.
- If you drink alcohol, limit the amount you are consuming.
- Make healthy food choices full of fruits, veggies, whole grains and lean proteins.
- Manage your stress levels.

Source: Centers for Disease Control and Prevention

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