



## Driving Safely

### Health and Wellness

**Tip of the Week**  
**Week 17**  
**April 27, 2020**

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

### Stop Distracted Driving Tragedies

Stay safe on the road and follow these helpful tips:

- Put your cell phone out of reach
- Be a good model for younger children in the car
- Always wear a seat belt

People walking and biking should also not use their cell phone.

*Source: U.S. Department of Transportation*

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