



Gastroesophageal Reflux Disease (GERD)

Health and Wellness

Tip of the Week
Week 23
June 8, 2020

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

Live Well

Making smart lifestyle choices can have a good effect on your health and well-being. Consider these steps for good health:

- Eat right
- Don't smoke
- Work out regularly
- Get routine health screenings
- Keep immunizations on a plan

Sources: American Cancer Society; American Diabetes Association, American Heart Association

**City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us**