



## **Lung Cancer**

*Awareness Month*



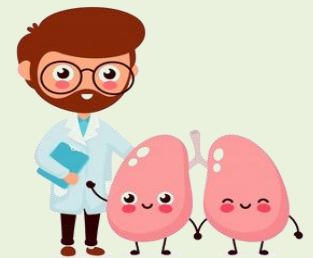
## **Health and Wellness**

**Tip of the Week**  
**Week 47**  
**November 23, 2020**

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

## **Clear The Air**

Our lungs do a lot of work for us by letting us to take nearly 25,000 breaths each day. So, it's important to keep your lungs healthy. A big step to avoid unhealthy lungs, that can lead to many other health problems and even cancer, is to stop smoking. Of the 34 million adults that smoke cigarettes in the U.S., 16 million people live with a disease caused by smoking. If you don't smoke, avoid secondhand smoke. Don't take your lungs for granted. Breathe new life into your health by keeping your lungs in tip top shape.



*Sources: The American Thoracic Society; National Institutes of Health; Centers for Disease Control and Prevention*

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