



**June
2017**

Health & Wellness Seminar

Summer Safety

Wednesday, June 28, 2017
8:30 a.m. – 12:00 p.m.
Central Fire Station
415 W. Tom Landry

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing achapa@missiontexas.us



American Heart Association®

CPR & First Aid

As part of our Health & Wellness Topic for June, the City of Mission, in conjunction with the Fire Department, will be offering a CPR & First Aid course to all of our employees.

Heartsaver® CPR is a video-based, instructor-led course that teaches adult and child CPR, and infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

- Convenient location - Mission Fire Central Station.
- 2-4 hours of course training.
- CPR card upon completion. (\$2.50 fee)

There is a maximum capacity of 30 employees for this course. Please register with the Human Resources Department no later than Wednesday, June 21, 2017. There is a small fee of \$2.50 which also needs to be collected by June 21st. The fee covers the CPR card upon completion of the course.

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



**Human Resources Department
1201 E. 8th Street
Mission, Texas 78572
(956) 580-8631**

