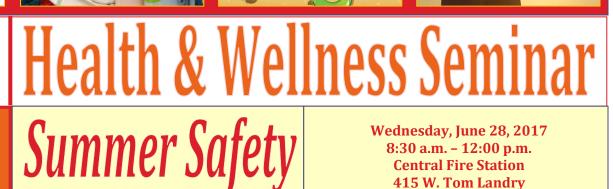


June 2017

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

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



Central Fire Station 415 W. Tom Landry



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.

CPR-V

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

