



Mission In Motion

Health & Wellness
Tip of the Week
Week 14



April 1, 2013



Take your laughter seriously. With every chuckle, your body undergoes physiological and chemical changes that have immediate, positive effects on your well-being, such as improved immunity, reduced stress and increased cardiovascular activity. Make a conscious effort to smile and laugh everyday.

Source: Mayo Clinic Online Resources

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Every  Smile A New Beginning

