

Mission In Motion

Health & Wellness Weekly Bulletin
April 2012—Cancer Prevention



April 9, 2012—Week 2

Rediscover what you've been missing!

Kick the tobacco habit and notice some immediate new experiences.

- ◆ You'll find that food tastes better.
- ◆ Your sense of smell will increase.
- ◆ Your breath, hair and clothes will smell fresher.
- ◆ The yellowing of your teeth and fingernails will stop.
- ◆ No more shortness of breath as you climb stairs or do housework.

Stay smoke-free over a little more time and you might see fewer wrinkles and better gums. Find your way to a better life—one without tobacco.

Source: American Cancer Society

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