

Mission In Motion

Health & Wellness
Tip of the Week
Week 49



December 2, 2013

Give your lips a little tender loving care. The lower lip is one of the most common sites for skin cancer. Protect your lips by using a clear or colored sunscreen lipstick—or, for even more complete protection—zinc oxide (an opaque sun block). These products help prevent lip chapping and blistering from the sun and might even ward off the recurrence of cold sores.

Source: University of California, Berkeley Wellness Letter

**Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630**

