



Health and Wellness Tip of the Week - Week 50

December 15, 2014

Monthly Topic

December is *Safe Toys and Gifts Month*. It's the perfect time to remind employees about toy safety and winter safety as well.

Stay Well In The Cold

Cold weather causes extra strain on your heart. Check with your doctor before doing any hard work in the cold. Your body is already working hard to stay warm, so go slow and don't do too much indoors or out. Make sure you eat well-balanced meals to help you stay warmer.



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

Source: Centers for Disease Control and Prevention