



Lung Cancer

Awareness Month



Health and Wellness

Tip of the Week
Week 44
November 2, 2020

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

Quit Smoking For Good

Smoking is at fault for one in five deaths in the U.S. Are you or someone you know ready to stop smoking and live a healthier life? Follow these tips and stay on course with your non-smoking plan:

- Set a stop date and record your reasons for stopping.
- Get support from friends, family, your doctor, as well as programs.
- Take medication, if needed, and use it the right way.
- Prepare for a possible relapse by focusing on your goals and reasons for quitting.

Having the right support can help you break free from smoking and stay that way.



Sources: Centers for Disease Control and Prevention; smokefree.gov

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us