



Stay Safe in the Sun

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Outdoor activity promotes wellness - and natural sunlight also boosts the body's production of vitamin D, which protects bones and prevents diseases. Too much sun, however, damages skin and raises risk of skin cancer.

Here are some tips on how to enjoy the sunshine safely:

- Make sunscreen a habit. Generously apply sunscreen (SPF 30 or higher), even on cloudy days and even when traveling by car. Reapply after swimming or sweating
- Avoid tanning beds
- Wear wide-brimmed hats and long sleeves
- Seek shade between 10am and 4pm, when the sun's rays are strongest
- Regularly check your skin, as well as others within your family, for changes or suspicious spots. If anything seems unusual, contact your physician

Newsletter Word Scramble

- cendiliao
- mrahgo
- nheardydienimhp
- pnrahei
- incimaplil
- gohrmmaic
- hemntegir



Unscramble the Medication. Hint: They are injectables.

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