

Caring for you in all ways. Always.SM



Get the facts on sun protection

Spending time outside is great for your health, but too much sun can damage your skin—even on cloudy days. Protecting your skin from harmful ultraviolet (UV) rays is one of the most important things you can do to reduce your risk of sunburn and skin cancer. Follow these key sun safety tips:

- **Use broad-spectrum sunscreen** with SPF 30 or higher, and reapply every two hours (more often if swimming or sweating).
- **Wear protective clothing**, including a wide-brimmed hat and UV-blocking sunglasses.
- **Seek shade**, especially between 10 AM and 4 PM when the sun is strongest.
- **Check the UV index** before heading outside.
- **Avoid tanning beds**, which also emit harmful UV radiation.

Taking a few smart steps can go a long way in keeping your skin safe and healthy!

Family-friendly fitness ideas

Make fitness fun for the whole family by biking, dancing, or playing games together. Choose activities everyone enjoys to build healthy habits and lasting memories.

Finding mindfulness in nature

Spending time in nature can help you feel calmer, more focused, and less stressed. Try simple mindfulness activities like deep breathing, quiet observation, or walking meditations. Even a few minutes outside can boost your well-being.



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