

GROWING WELLNESS



Summer Sun Safety

Sun safety is a year-round responsibility, but it's especially important during the sunny summer months. Sun damage can lead to more than just a painful sunburn.

Extensive exposure to ultraviolet (UV) rays emitted from the sun can result in serious health concerns, such as skin cancer.

Furthermore, prolonged sun exposure can harm your eyes, leading to conditions such as cataracts, macular degeneration and even ocular melanoma.

Routinely inspect your skin for any spots or changes in color or appearance. If you have any concerns, talk to your doctor.



Live Well, Work Well

The July edition of Live Well, Work Well is here to help you grill safely, prepare your first aid essentials for your outdoor adventures, and understand your sunscreen labels!

National Monthly Awareness

July is UV Safety Awareness Month, so take steps to protect your skin and eyes when enjoying the outdoors. To protect yourself from UV rays, consider staying in the shade during the sun's peak hours, wearing protective clothing and sunglasses, and applying a broad-spectrum sunscreen with an SPF of at least 30.

