

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

This week's message: **SUN SAFETY**



This week's message is **Sun Safety**. Summer is here and we are all getting outside more for fresh air, exercise and other fun activities. Along with this summer fun, comes a need to protect the body's largest organ – our skin. In addition to a focus on our skin health, it is important to take measures to avoid heat stroke. Young children, the elderly, and our some of our furry friends are at greater risk of heat stroke. The good news is there is plenty of safety advice to keep us all safe this summer. Enjoy the links below and do follow this sage advice. Be well, be safe, and have a GREAT summer!



[Sun Safety Tips from the CDC](#)

[Be Safe in the Sun!](#)



[Hot Weather Safety for Older Adults](#)

[Infant/Children Sun Safety Tips](#)

[Protect Your Pets in the Sun/Heat](#)



[Protect Yourself from the Sun](#)

[Preventing/Treating Heat Exhaustion](#)

