

Sun Safety

What The Latest Research Says



We will learn about:

- Risks and Benefits of Sun Exposure
- Sun Protection Recommendations
- Skin Check Guidelines
- Fun Sunny Summer Recipe
- Sun Protection Checklist

Only 15 Minutes!



Open to all SoNM employees!

*Please
join us!*

Date: July 20, 2022

Time: 8:00am

Location: Virtual (Teams)

[Registration Link](#)

Join Kathryn Hull, Wellness Coordinator as she outlines what the research is telling us about the risks and benefits of sun exposure, the best way to protect ourselves from the sun and what to look for while performing a skin check. She will also share a yummy sunny recipe, a sun protection checklist and lead you in a 5-minute walking routine you can do indoors or out.