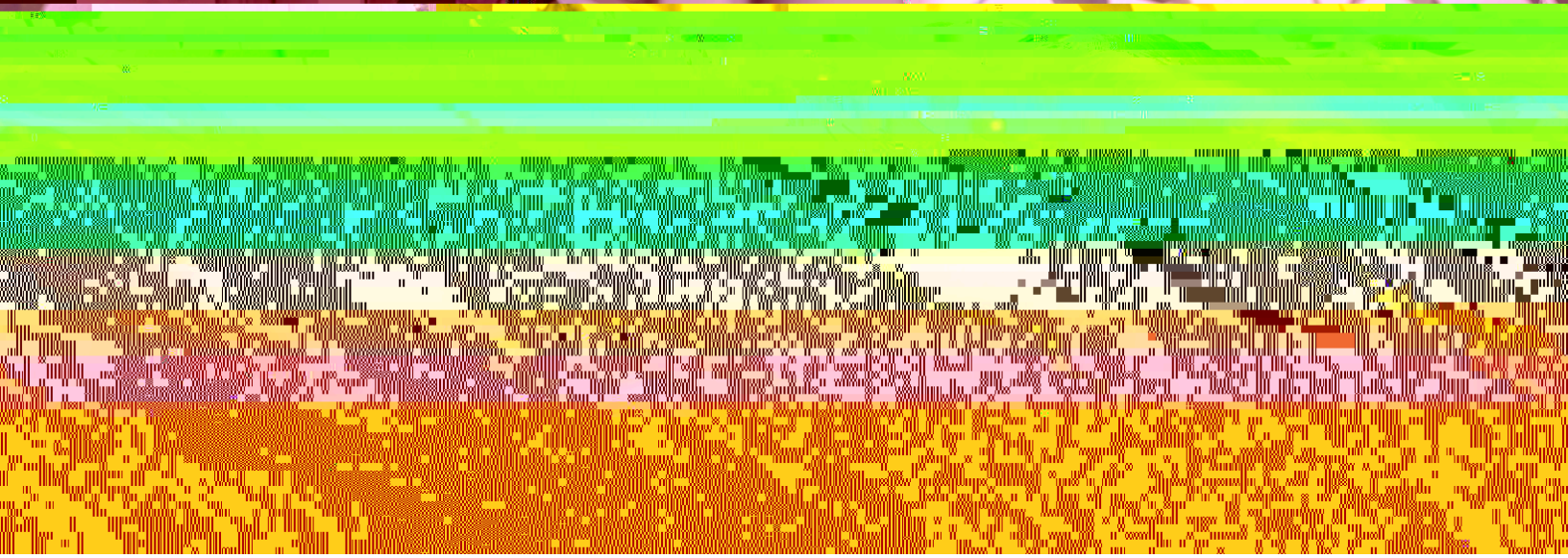
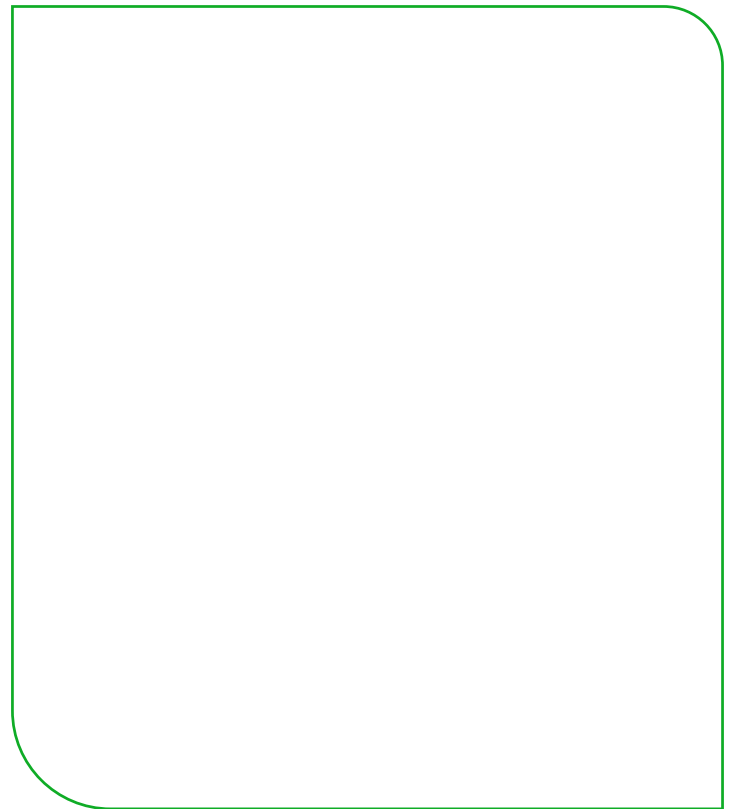




What does 2SLGBTQIA+ stand for?³



How's



A refresh on summer wellness

Now that summer is finally here, let's recap a few key summer wellness tips to ensure you and your family can enjoy the sun safely.



Stay Hydrated

Always remember to stay hydrated. Summer is a great time to enjoy the outdoors, but it's also a time when you can get dehydrated. Make sure you're drinking plenty of water throughout the day.



Sun Safety

Remember to wear your sunscreen! A broad-spectrum SPF 30 or higher is recommended. Don't forget to wear sunglasses and a hat to protect your face and eyes from the sun's rays.



Move Your Body

Enjoy the outdoors by going for a walk or a run. Summer is a great time to get some exercise. Try to get at least 30 minutes of moderate-intensity exercise most days of the week.



Seasonal Eating

Take advantage of the fresh produce that's in season. Summer is a great time to enjoy fruits and vegetables like tomatoes, cucumbers, and watermelon. Eating a variety of fruits and vegetables can help you stay healthy and hydrated.



