July is...

Fun in the Sun!

Summer is here, which means more time outdoors for you and your family! This July we talk about summer safety, health, and fun. We touch on sun protection, health screenings, and fun activities for everyone!

July Events Include:
- Blood Pressure Screening @ UHall (Medical Campus)
- Get Moving and Walk It Out at UC Clermont & Blue Ash
- Fun in the Sun presented by Ashley Varol
- $5 Friday @ Marketpointe Dining Hall
- Walk it Wednesday @ CRC/CARE
- Coloring @ UHall

Check out the redesigned Events Page for details about our June programming and information on how to register. Hope you can join us!

https://www.uc.edu/hr/bewelluc/events.html

Sun protection:
Apply 1 ounce of sunscreen to cover exposed areas of body.
Reapply every 2 hours or after swimming or sweating
Seek shade and wear protective clothing
Wear sunglasses and/or a hat to protect your eyes

Skin cancer screenings:
Skin cancer is the most common cancer in the US. When detected early, skin cancer is highly treatable.
See your doctor or dermatologist for a full body exam, then perform monthly self-exams to look for new or changing spots.

Fireworks safety:
Obey all laws and read all labels
Do not mix fireworks and alcohol
Wear safety glasses
Light one firework at a time
Have a bucket of water or hose nearby

Activities:
Work on DIY projects/yardwork around the house and outside
Go on a bike ride or walk after a long day of sitting with friends and family
Take a weekend trip to the lake and spend time relaxing, fishing, reading, hiking, etc!

For more information on skin protection and skin cancer screenings, visit:
http://www.skincancer.org/

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc