

Come on in, the Water's Fine

Take the Plunge and Dive into Improved Health

Also, protect yourself from the sun with these tips:

1. Wear sunscreen with an SPF (sun protection factor) of at least 15.
2. Sunscreen doesn't last all day — reapply every two hours you're outside and after a swim.
3. Sunscreen also expires! Make sure you check the date on the bottle.
4. Buy sunglasses that protect from UVA and UVB rays.
5. Stay in the shade to avoid direct sunlight.
6. Remember, cloudy days cause sunburns, too!

June Activity

Drink More Water

Get ready to track your water intake and experience the benefits of proper hydration! Your first tip? Make sure you drink 64 ounces each day.



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