

## Have you protected yourself from the sun today?

JULY IS UV SAFETY AWARENESS MONTH

### 5 Things To Know to Stay Sun Safe

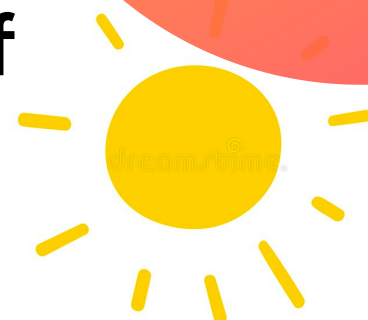
**1 S.P.F stands for sun protection factor.** It tells you how long the sun's rays would take you to darken your skin vs the amount of time without any sunscreen

**2 Always use a broad-spectrum sunscreen.** This means it can protect you from both U.V.A rays that cause sunburn and U.V.B rays that cause skin damage.

**3 Not all sunglasses are created equal.** Wrap around or oversized offer more protection but make sure they block 99% - 100% of U.V. rays.

**4 U.P.F clothing can be expensive.** Clothes labeled Ultraviolet Protection provides a level of certainty but common fabrics like cotton or denim that cover most of the body can offer some protection as well.

**5 Some clothing colors can provide U.V. protection.** Darker and more vivid colors absorb more UV than pale colors, making them less likely to reach the skin.



### HOW TO APPLY Sunscreen - THE RIGHT WAY

Sunscreen can help prevent skin cancer and ward off wrinkles, sunken skin, and spots—but only if you apply it correctly. Get the most from your sunscreen with these everyday tips.

- 1 USE ABOUT AN OUNCE, EVERY TIME**  
The average person needs 1 oz (2 tablespoons) of sunscreen for each full-body application.
- 2 GET EVERY INCH FROM HEAD TO TOE**  
HEAD, including the ears, nose, neck, and forehead  
ARMS, including the elbows and near the underarms  
BELLY, including under the edges of swimsuit or clothing  
LEGS, including the front and back of knees  
FEET, including the tops of feet and toes  
**COMMONLY MISSED AREAS:** Hands, lips, ears, back of neck, nose, tops of feet, hairline, and exposed areas of the scalp
- 3 WAIT 15 MINUTES**  
Let the sunscreen absorb into dry skin for about 15 minutes before going outside.
- 4 REAPPLY THROUGHOUT THE DAY**  
Reapply every two hours, or more often if you sweat or get wet.
- 5 PICK THE RIGHT SUNSCREEN**  
Use a broad-spectrum sunscreen with an SPF rating of at least 30 to protect against UVA (aging) and UVB (burning) rays.

### 6 COVER UP FOR MORE PROTECTION



[illegible]

Stress is beneficial in small quantities but causes cognitive decline and mood challenges when too often or severe. The nervous system contains neurons responsible for processing and transmitting information using neurotransmitters and electrical ion channels. Neurotransmitter receptors are the gateways for communication between nerve cells. Neurotransmitter imbalance is one of the consequences of high stress. The ingredients in CopaCalm support balance of neurotransmitters while promoting calming focus.

- Supports a state of calmness and relaxation
- Enhances cognitive performance and memory
- Promotes mood balance

COPACALM

# Summer Word Scramble

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**GOOD  
NEIGHBOR  
PHARMACY**



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Cool down with a  
sweet treat

- 1 ½ cup orange juice
- ¾ cups vanilla greek yogurt
- 1 ¼ cups strawberries
- 1 cup blueberries

1. Place orange juice, yogurt, strawberries and blueberries in a high speed blender.
2. Blend until smooth, about 30 seconds to a minute.
3. Pour into popsicle molds and freeze until firm.

**\*\*For a sweeter recipe use apple juice instead of orange juice\*\***

