



**Health & Wellness Seminar**  
**Topic: Sun Safety**  
**Thursday, July 25, 2013 from 2:30pm—3:30pm**  
**Speaker: Dr. Jaspreet Kaur, MD**  
**Location: Council Chambers**

**Please register by**  
**Wednesday July**  
**24,2013** . Please  
contact Human  
Resources at  
580-8631 to  
register for this  
seminar.

**How do I protect myself from UV rays?**

You don't have to avoid sunlight completely, and it would be unwise to reduce your level of activity by avoiding the outdoors, because physical activity is important for good health. But too much sunlight can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap! and Wrap" is a catch phrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and sensitive skin around them

*Source: American Cancer Society*



The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [npeña@missiontexas.us](mailto:npeña@missiontexas.us).

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

