



by Stretch-n-Grow

Sun Safety

GOING
out in the **SUN**
is great but
DON'T
OVERDO IT!

FAIR-SKINNED
people are most
at risk, but
DARK-SKINNED
people can
burn too!

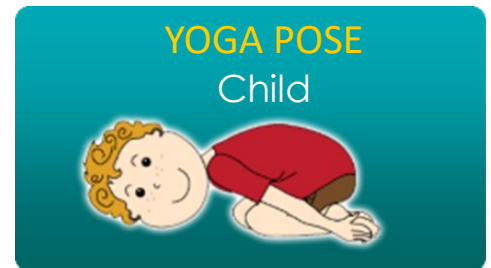
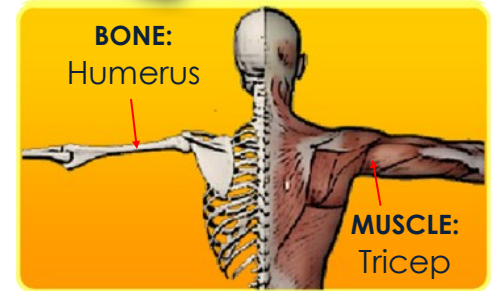


STAY SAFE
SLIP! on a shirt!
SLAP! on a hat
SLOP! on sunscreen!
SLAM! on a sunglasses!
STAY! in the shade!
SIP! lots of water!
and
NEVER SNOOZE!
in the sun!
*or you just
might fry!*
IN THE SUN

Never
let yourself
BURN!

CHILDREN
should be
EXTRA
CAREFUL!

BABIES
should never
be exposed to
FULL
SUNLIGHT!



This month in Summer Olympics: **TEAMWORK**

This month we're going for the **GOLD!** We'll discuss how teamwork, fitness and nutrition play a huge part in the Athletes' success!

