

# *Sun Safety*

## *What The Latest Research Says*



New Mexico  
Public Schools  
Insurance Authority

### **We will learn about:**

- **Risks and Benefits of Sun Exposure**
- **Sun Protection Recommendations**
- **Skin Check Guidelines**
- **Fun Sunny Summer Recipe**
- **Sun Protection Checklist**



**Open to all NMPSIA employees!**

*Please  
join us!*

**Date: July 20, 2022**

**Time: Choice of 8:00am or 12:00pm**

**Location: Virtual (Teams)**

**Registration Link: [8:00am](#) or [12:00pm](#)**

*Join Kathryn Hull, Wellness Coordinator as she outlines what the research is telling us about the risks and benefits of sun exposure, the best way to protect ourselves from the sun and what to look for while performing a skin check. She will also share a yummy sunny recipe, a sun protection checklist and lead you in a 5-minute walking routine you can do indoors or out.*