

Sun Safety

Facts, Protection, Self-Exam



New Mexico
Public Schools
Insurance Authority



BlueCross
BlueShield

We will learn about:

- **Different UV Rays**
- **Risks and Benefits of Sun Exposure**
- **Sun Protection Recommendations**
- **Self-Exam Guidelines**



Open to all NMPSIA employees!

*Please
join us!*

Date: July 26, 2022

Time: 3:30 – 4:15 pm

Location: Virtual (Teams)

Registration [Link](#)

Join Kathryn Hull, Wellness Coordinator as she discusses the science behind UV rays, 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.