



# JULY 2025

## UV Safety Awareness Month

Sun safety is a year-round responsibility, but it’s especially important during the sunny summer months. Sun damage can lead to more than just a painful sunburn. Extensive exposure to ultraviolet (UV) rays emitted from the sun can result in serious health concerns, such as skin cancer. Furthermore, prolonged sun exposure can harm your eyes, leading to conditions such as cataracts, macular degeneration, and even ocular melanoma.

July is UV Safety Awareness Month, so take steps to protect your skin and eyes when enjoying the outdoors. To protect yourself from UV rays, consider staying in the shade during the sun’s peak hours, wearing protective clothing and sunglasses, and applying a broad-spectrum sunscreen with an SPF of at least 30.

Speak with us to learn more about the risks of UV exposure.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><a href="#">Cord Blood Awareness Month</a> <a href="#">International Group B Strep Awareness Month</a> <a href="#">Juvenile Arthritis Awareness Month</a> <a href="#">Sarcoma and Bone Cancer Awareness Month</a></div>						
		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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