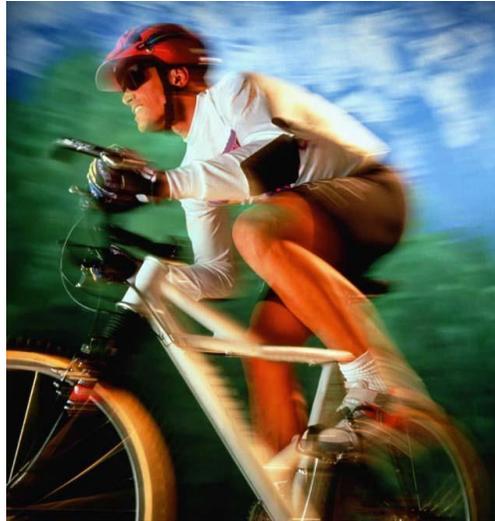


Natl. Melanoma/Skin
Cancer Prevention Month

Ultraviolet Awareness Month



Natl. Allergy Awareness Month

Strike Out Strokes Month

Natl. Physical Fitness_Sports Month

National Salsa Month

National Egg Month

Family Wellness Month

National Vidalia Onions Month



What type of SPF to use? SPF 15 is suitable for most. Keep this in mind: 1- Select SPF with UVA/UVB protection containing zinc oxide or titanium dioxide. 2- Reapply every 2 hrs. If active then sooner. 3- Visible light passing through your clothing means UV rays can too! 4- Keep an eye on moles, skin color changes in moles, and new moles. 5- Remember meds. like retinol or antibiotics make you more photosensitive/vulnerable to sun's rays.

May 2016

Pack your SPF and your DEET!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
1 <i>eatright.org for diet tips</i>	2 HSYNERGY Healthcare <i>Watch for your HRA results!!</i>	3 <i>Skip soda today</i> 	4 <i>Natl. O. J. Day</i> 	5 <i>Natl. Hoagie Day/Cinco de Mayo</i>	6 <i>Natl. Nurse's Day</i> 	7																																																																																																		
8 <i>Mother's Day Women's Health Week 8-14</i>	9 <i>Eat breakfast this entire week!!</i>	10 <i>National Shrimp Day</i>	11	12 <i>Cut out 500 calories today</i>	13	14 <i>Park further away....</i>																																																																																																		
15 <i>National Police Week May 15-21</i>	16 <i>Get up and MOVE!! :)</i>	17 <i>Take the stairs!</i> 	18	19	20 <i>Natl. Employee Health Fitness Day</i>	21 <i>Armed Forces Day</i>																																																																																																		
22 <i>RELAX....</i>	23 <i>Natl. Taffy Day</i>	24 <i>Pack your lunch for work tomorrow</i> 	25 <i>Natl. Brown Bag It Day</i>	26	27	28 <i>STAY HYDRATED!!</i>																																																																																																		
29	30 <i>Memorial Day (Observed)</i>	31	<table border="1"> <thead> <tr> <th colspan="7">Apr 2016</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		Apr 2016							S	M	T	W	T	F	S						1	2	3	4	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	<table border="1"> <thead> <tr> <th colspan="7">Jun 2016</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> </tr> </tbody> </table>		Jun 2016							S	M	T	W	T	F	S					1	2	3	4	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	
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