

SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.



Summer Sun Safety Month

This month learn about ways you can protect yourself and your family from the harmful effects of ultraviolet (UV) from sunlight. Did you know, that most [skin cancers](#) are caused by too much exposure to UV sunlight? [UV Sunlight](#) is invisible and comes from the sun, tanning beds, and sunlamps.

Protect your skin from UV sunlight, follow these helpful tips from the [CDC](#) to stay safe:

Shade: Reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

Clothing/Accessories: When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV sunlight. For the most protection, wear a hat that has a wide brim all the way around that shades your face, ears, and the back of your neck.

Sunglasses: Protect your eyes from UV sunlight and reduce the risk of cataracts. [Use your VSP Benefits](#) and take action to get your yearly preventive eye and vision examination.

Sunscreen: Put on a broad-spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. If you have a [flexible spending account \(FSA\)](#), sunscreen is eligible for reimbursement.

Did you know? You can use FSA to pay for a vision screening copay and purchase prescription eyeglasses and sunglasses. Learn more by clicking the button below.

[Flexible Spending Account](#)

Children's Eye Health & Safety Month

As children grow, their eyes change quickly. Paying attention to their eye health as they are still developing can help catch problems early. To learn more, visit www.nei.nih.gov/kids.



Additional Well-Being Resources:

Well-Being Activities (Virtual)

- [Yoga](#) - Tuesdays - 5pm - 5:45pm
- [Zumba](#) - Thursdays - 5pm - 5:45pm
- [SF Bodhi Meditation Center Sessions](#) - Mon - Sun 9:05pm-10pm
- [SF Main Library: Meditation](#) - Wednesdays -12:00pm - 12:30pm
- [Midafternoon Meditation](#) - Wednesdays -2:00pm-2:20pm

Personal Development (Webinars)

- [Using Guided Imagery for Wellness and Stress Reduction](#) - August 9
- [The Benefits of Acupressure](#) - August 16
- [10 Strategies for Improving Your Finances](#) - August 22
- [KP Health Talks Hypertension: Your Heart is in Your Hands](#) - August 24

Health & Wellness (Articles & podcasts)

- [How to Feel Better About Yourself](#)
- [Finding Delight Through Your 5 Senses](#)
- [24 Hours of Kindness](#)

Stay up to date with this month's free offerings. [Visit sfhss.org/events](https://www.sfhss.org/events)

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