

The best things in life are free



Safe and Fun

Summer safety tips that can be no sweat to follow:

Don't let bugs take a bite out of warm weather fun.

- Use insect repellent.
- Remove standing water.
- Wear protective clothing.

Don't get heated.

- Drink water to stay hydrated.
- Wear lightweight, light-colored and loose fitting clothing.
- Never leave children or pets unattended in the car, especially in the heat.

Let the sun shine.

- Apply "broad-spectrum" sunscreen every day with an SPF of 30 or higher and reapply if sweating or swimming.
- Wear sunglasses with UV protection and a hat.
- Avoid direct rays from 10am to 2pm.

SELF-CARE

Create wonderful memories that can last a lifetime.

CHALLENGE: STAY SUNBURN FREE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																											
<p>May 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	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	31						<p>July 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <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>31</td></tr> </table>	S	M	T	W	TH	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	31	<p>1</p> <input type="checkbox"/>	<p>2</p> <input type="checkbox"/> <p>Global Running Day</p>	<p>3</p> <input type="checkbox"/> <p>Bicycle Day</p>	<p>4</p> <input type="checkbox"/>	<p>5</p> <input type="checkbox"/>
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<p>20</p> <input type="checkbox"/> <p>Father's Day First Day of Summer</p>	<p>21</p> <input type="checkbox"/>	<p>22</p> <input type="checkbox"/>	<p>23</p> <input type="checkbox"/>	<p>24</p> <input type="checkbox"/>	<p>25</p> <input type="checkbox"/>	<p>26</p> <input type="checkbox"/>																																																																																											
<p>27</p> <input type="checkbox"/>	<p>28</p> <input type="checkbox"/>	<p>29</p> <input type="checkbox"/>	<p>30</p> <input type="checkbox"/>	 <p>FROZEN YOGURT POPS</p> <p>16 oz. frozen, sliced peaches 1 cup fat-free Greek yogurt 1 tbsp. honey</p> <p>Add 1½ cups thawed peaches, yogurt and honey into a blender until it turns into a puree. Chop remaining peaches and add to a bowl with the puree. Divide mixture into popsicle molds and freeze.</p>																																																																																													