

SUNNY HIPPOCRATES PRESENTS:
SUN WISDOM!

"HEY! CAREFUL
NOT TO BURN!"

SKIN TYPE MATTERS!



60-120 MIN.

PAUL'S
SUNSHINE EXPOSURE



10-15 MIN.

LUNCH



10-20 MIN.

SUNNY'S
SUNSHINE EXPOSURE

FRIENDS WITH DARKER COMPLEXION WILL NEED MORE
SUN EXPOSURE THAN BUDDIES WITH LIGHTER COMPLEXION



GrassrootsHealth

Moving Research into Practice