

SUNNY HIPPOCRATES PRESENTS  
SUN WISDOM!

## WHEN TO COVER UP?

LET YOUR SKIN CATCH THE SUNSHINE  
WITHOUT SUNBLOCK OR SUNSCREEN UNTIL  
YOUR COMPLEXION TURNS A \*SMIDGE\* PINK!



HATS AND SUNGLASSES ARE GREAT SINCE  
YOUR FACE REQUIRES LESS EXPOSURE



**GrassrootsHealth**  
Moving Research into Practice