

Save the Skin You're In!



Wear:

- A Wide Brim Hat
- Sunscreen and Lip Balm with an SPF of 30 or Higher
- Long Sleeved Shirt
- Long Pants
- Sunglasses That Block 99 - 100% of UVA and UVB Rays
- Gardening Gloves

Garden before 10 a.m. or after 4 p.m. when the sun's rays are less dangerous. Work in the shade when possible.

Check Your Skin Monthly For Any Changes!