



Sunny Days, Healthy Ways: Embracing Summer Wellness

Speaker: Alex Sywyj, NBC-HWC

Attend virtually: ccemployeewellness.com/wellness-connection-1

Date and Time: Wednesday, May 21 | noon-12:30 p.m., EST

Objectives:

1. Discuss sun safety and ways to protect yourself from harmful UV light.
2. Review increased hydration requirements in summer months and how to achieve through water intake and hydrating foods.
3. Discuss a variety of outdoor activity options.

All caregivers are welcome to attend this presentation.