

Wellness Weekly

Use Your Sun Sense!

The warm weather has arrived! After a long winter of being inside it is finally time to get outside and enjoy those outdoor activities you have been waiting for! Although the sun has many benefits for our health; there are still harmful effects we must protect ourselves from. Here are some quick and simple sun sense tips!

- Avoid the sun between the hours of 11am and 4pm.
- Whenever possible play in the shade.
- Wear clothing that is loose fitting and light coloured.
- Stay hydrated!
- Wear sunscreen with an SPF of 15 or higher.
- Apply sunscreen 20 minutes before going outside and every 2 hours after that. If you are swimming or sweating reapply sun screen more often.
- Don't forget your lip balm and sunglasses.
- Avoid indoor tanning beds.

REMEMBER: Every sun burn increases your chances of getting skin cancer! Always use your sun sense! *



Healthy Workplace would like to wish you all a happy, safe, and healthy summer! For more information on sun sense or skin cancer please visit www.cancer.ca.



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IT'S COMING...

Free Pancake Breakfast !

Come out to Free Pancake Breakfast **on June 11 from 8am-10am in the McMaster University Student Centre Atrium** where you can register your participation and kick-off the Clean Air Commute. Online registration can be done prior to the event or if you are unable to attend and register in person. To register online visit www.cleanaircommute.ca/register.

Clean Air Fair Expo

June 11th– 12pm-2pm– MUSC/Mills Plaza

Please join us for the Clean Air Commute's Clean Air Fair. Event participants include: HSR, Smart Commute, Hamilton Car Share, Healthy Workplace Group, Security and Parking Services, MACycle Co-op, and Office of Sustainability.

For more information please visit: <http://www.mcmaster.ca/sustainability>

Weight Watcher's at Work!

Just a gentle reminder of our upcoming OPEN MEETING/REGISTRATION SESSION on : June 22nd 12pm in MUSC Rm. 318

For more information please visit: <http://www.workingatmcmaster.ca/healthy-workplace/index.php>

Smoking Cessation Lunch n' Learn!

Date: Thursday June 24th 2010

Time: 12:00pm - 1:00pm

Speaker: Monica Bennett (Smokers' Helpline)

Location: MDCL 1105 For more information or to register, please visit:

<http://www.workingatmcmaster.ca/register/register.php?event=Smoking%20Cessation>

Please bring your own lunch to the event.

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

THE WELLNESS WEEKLY IS WRITTEN BY **KRYSTA CLARK**, HEALTHY WORKPLACE PROGRAM COORDINATOR

NOTE: THE CONTENTS OF THE WELLNESS WEEKLY ARE INTENDED FOR GENERAL INFORMATIONAL PURPOSES AND ARE NOT A SUBSTITUTE FOR PROPER MEDICAL ADVICE. PLEASE CONSULT YOUR FAMILY PHYSICIAN OR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE REGIME—ESPECIALLY IF YOU ARE: PREGNANT, NURSING OR HAVE CHRONIC HEALTH CONCERNS. DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN