

# Sun, fun and summer safety



Longer days and warmer weather create more chances to enjoy the outdoors, but summer fun also brings added safety considerations. Sun exposure, heat, water activities, and outdoor recreation can pose risks to you and your loved ones if you're not prepared.

At Univera Healthcare, we are right here to support our members' health and wellbeing. That's why this July, our Understanding Your Wellbeing webinar will focus on Sun, Fun and Summer Safety. This webinar will share practical summer safety tips to help you protect yourself and your family while making the most of the season. Learn how small, proactive steps can reduce risk and keep summer fun—and safe.

Join us for this 45 minute engaging webinar, hosted by **Univera Healthcare Medical Director, Dr. Michelle Penque, M.D.**

## During this session, participants will learn about:

- **Sun safety:** Protecting your skin and eyes from sun exposure
- **Heat & hydration:** Preventing heat related illness and staying properly hydrated
- **Getting outdoors safely:** Tips for outdoor activities
- **Water safety:** Reducing risks around pools, lakes, and open water



We are **[Right here. For you.]**

**Webinar date: Thursday, July 23**

**Webinar time: Noon – 12:45 p.m.**



**To register** for the upcoming webinar, please scan the QR code or click [here](#).

We hope you can join us to learn more about ways to support your wellbeing.



**Right here.  
For you.**