

# QUIT THE SIT

Get up, get out, get moving!

Warmer weather makes us want to get outside and enjoy nature! But remember, when it is really sunny out, to use sunscreen or sunblock to prevent skin irritation and sunburn.

— Phil Favreau, Pharmacy



*Do you still have sunscreen or sunblock from last year?  
The expiration dates can be very short. Check the  
expiration date before applying, and replace if needed.*