Sun Safety

The sun is very important to our health. Locate the *Fun in the Sun* article on Health Connected’s Health Library* today to learn great tips on how to get the benefits of the sun, without the damage. The article includes information on:

- The ABCDE of mole checking;
- How to stay safe outdoors;
- How to treat a sunburn

*Access the Workplace Strategies for Mental Health site on your My Canada Life at Work profile today.*