



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.