

# Safe fun under the sun: *summer safety 101*

Longer days and warmer weather mean more opportunities to get outside, but summer activities also come with added safety considerations. Sun exposure, heat, water activities, and outdoor recreation can pose risks for yourself and your loved ones if you're not prepared.

At Excellus BlueCross BlueShield, we're committed to supporting our members' health and wellbeing. That's why this July, our Excel Your Well webinar will focus on Safe Fun Under the Sun: Summer Safety 101. 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 **Excellus BCBS 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



**When our members have the resources and support to prioritize their health and wellbeing, everybody benefits.**

**Webinar date: Thursday, July 30**

**Webinar time: Noon - 12:45 p.m.**



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

**Excellus**  

**Everybody Benefits**