

## Happy Mother's Day!

As May blossoms into full bloom, it brings with it a special occasion to cherish and celebrate - Mother's Day. This annual tribute serves as a gentle reminder to appreciate the remarkable women who shape lives with their unwavering love, guidance, and sacrifice.

As we celebrate Mother's Day, let's also remember those who may find this day bittersweet due to loss or separation. Let's offer them our support and compassion, acknowledging the complexity of emotions that this day may bring.

Finally, in honoring mothers, let's not forget the importance of self-care. As you tirelessly care for your family, it's essential to prioritize your own well-being. We encourage you to take moments for yourself, practice self-compassion, and seek support when needed. Read on for more tips for self-care in our article about Women's Health Week.

Happy Mother's Day!



## Prioritizing Wellness for Every Woman

Prioritizing wellness is essential in every aspect of a woman's life. During the week of May 12-18, we celebrate Women's Health Week, which reminds us of the importance of taking proactive steps to nurture our physical, mental, and emotional well-being.

Continued on Page 2



Every woman holds the power to make choices that positively impact her health. From adopting nutritious eating habits to engaging in regular exercise and seeking preventative healthcare measures, every decision contributes to a healthier, more vibrant life.

### **Preventive Care**

Preventative care is the cornerstone of women's health. Regular screenings, such as mammograms, Pap smears, and blood pressure checks, are vital in detecting potential health issues early when they are most treatable. During Women's Health Week, we encourage you to prioritize these screenings and take charge of your health.

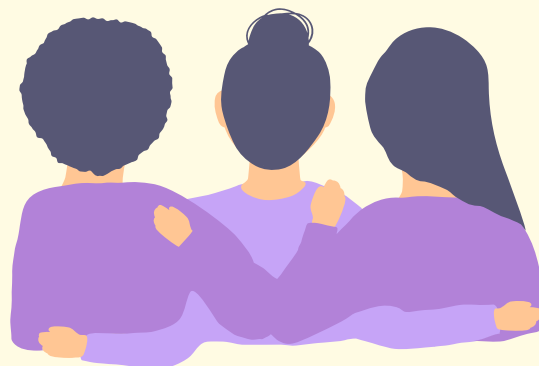


### **Mental and Emotional Well-being**

Women's health involves more than just physical wellness; it encompasses mental and emotional well-being too. Stress management, self-care practices, and seeking support when needed are essential components of maintaining a healthy mind and spirit.

### **Supportive Communities**

Women's Health Week is also an opportunity to celebrate the strength and resilience found in supportive communities. Whether it's through online forums, local support groups, or close-knit circles of friends, having a network of support can significantly impact a woman's health journey. Let's uplift and empower one another to prioritize self-care and wellness.



As we observe Women's Health Week, let's recommit ourselves to fostering a culture of health and well-being for every woman. By prioritizing preventative care, nurturing our mental and emotional health, and cultivating supportive communities, we can embark on a journey toward a healthier, happier future. Together, let's celebrate the incredible strength and vitality of women everywhere, and let's continue striving for wellness in all aspects of our lives!

## Protect Your Skin: Understanding Skin Cancer

As the sun begins to make its presence felt, it's time to shed light on a crucial topic: skin cancer awareness. With May being Skin Cancer Awareness Month, there's no better time to educate ourselves about the importance of sun protection and early detection.

Skin cancer is the most common type of cancer worldwide, but it's also one of the most preventable. Overexposure to ultraviolet (UV) radiation from the sun or artificial sources like tanning beds significantly increases the risk of developing skin cancer.

Here are some essential tips to safeguard your skin:

**Sunscreen is your shield:** Apply broad-spectrum sunscreen with SPF 30 or higher every day, even on cloudy days. Reapply every two hours, or more frequently if swimming or sweating.

**Seek shade:** Limit direct sun exposure, especially during peak hours between 10 a.m. and 4 p.m. If you're outdoors, take shelter under umbrellas, trees, or awnings.

**Cover up:** Wear protective clothing, such as wide-brimmed hats, sunglasses, and long-sleeved shirts, to shield your skin from UV rays.

**Perform regular skin checks:** Keep an eye on any changes in moles, freckles, or other spots on your skin. Call your doctor if you notice any suspicious changes, such as asymmetry, irregular borders, or changes in color or size.

**Avoid tanning beds:** Indoor tanning exposes your skin to harmful UV radiation, increasing the risk of skin cancer. Choose sunless tanning products instead.

By taking proactive steps to protect your skin and staying vigilant about changes, you can reduce your risk of skin cancer and enjoy the sun safely. Spread awareness this month and every month to ensure that everyone understands the importance of skin cancer prevention and early detection. Your skin will thank you for it!



### Important dates this month:

May 12      Mother's Day  
May 27      Memorial Day

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