



# Be UV Aware

SUN SAFETY WEEK

Lunchtime Virtual Session

Thursday 5 May 1pm-1.30pm

Register with [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

*Free sun safety freebies to all who attend*

## The Session will cover:

- *The health risks and benefits of exposure to UV rays*
- *Information on UV exposure levels and how to find out what the UV level is at any given time*
- *The importance of knowing your own skin type*
- *How to check your skin*
- *Top tips for protecting your skin from overexposure to UV rays and enjoying the sun safely*



[www.cancerfocusni.org](http://www.cancerfocusni.org)

