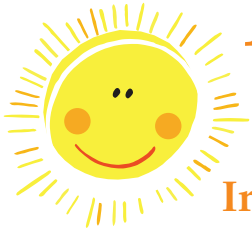


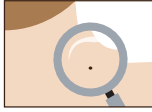



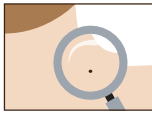

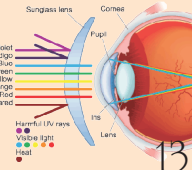




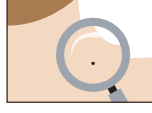
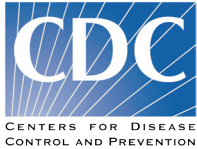









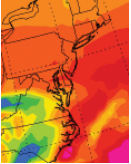



May 2017 is Skin Cancer Awareness Month



Interactive Sun Safety and Facts Calendar with Events

★ Please click assigned dates for links to cancer awareness and better health! ★

	<p>Melanoma Monday! Somerset County declares May skin cancer awareness month.</p> 	<p>FREE Skin cancer screening today! 9 a.m. to 3 p.m. Memorial Sloan Kettering Cancer Center, Basking Ridge. To register, call 908-542-3396</p>	<p>"A base tan" is not a safe tan. Indoor tanning is NOT safe.</p> 	<p>Skin cancer screening today! Rockaway Borough residents only. To register, call 973-989-7050</p> 	<p>Minimize daily sun exposure from 10 a.m. – 4 p.m.</p> 	<p>Check expiration date on sunscreen! YES, they do expire!</p> 
<p>Apply sun screen 30 minutes before exposure and apply often.</p> 	<p>FREE Skin cancer screening today! 5 p.m. to 7 p.m. To register, call 908-237-5445. The screening will be held at Hunterdon Regional Cancer Center, 2100 Wescott Drive, Flemington NJ 08822</p>	<p>Do you get enough Vitamin D? FACT: The body makes vitamin D when the skin is exposed to the sun; vitamin D supports your immune system and helps keep your colon healthy.</p>	<p>FREE Skin cancer screening today! 5 p.m. to 7 p.m. To register, call 908-237-5445. The screening will be held at Hunterdon Regional Cancer Center, 2100 Wescott Drive, Flemington NJ 08822</p>	<p>Skin cancer screening today! Randolph residents only. To register, call 973-989-7050</p> 	<p>Don a protective hat, especially while gardening or doing routine activities.</p> 	<p>Always choose sunglasses that are labeled as blocking 99-100% UV rays.</p> 
<p>Seek shade structures during peak sun hours.</p> 	<p>Wear protective clothing and choose those items with an SPF.</p> 	<p>Skin Cancer screening today! (and June 15) Jefferson Twp. residents only. To register, call 973-663-0700</p> 	<p>Be creative and keep umbrellas around not just for rain.</p> 	<p>Skin cancer screening today! Rockaway Twp. residents only. To register, call 973-983-2848</p> 	<p>Skin cancer screening recommendations:</p> 	<p>FACT: Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk.</p> 
<p>Skin cancer quick facts from the Joseph Enright Foundation:</p> 	<p>FACT: Skin cancer is a growing epidemic in America.</p> 	<p>Have you or someone else been diagnosed with cancer? Cancer Support Community of Central NJ has Free resources and support for you and family members.</p> 	<p>Take a skin cancer safety quiz!</p> 	<p>SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Use a broad spectrum sunscreen with at least SPF 30.</p>	<p>Today starts Memorial Day Weekend, now called "Don't Fry Day"</p> 	<p>Follow the Atlantic Health System on Twitter for helpful tips during the summer months</p> 
<p>Become Enright Sun Safety Certified™</p> 	<p>Happy Memorial Day! Be sun smart.</p> 	<p>Know what your UV index is? Get your UV Index anytime.</p> 	<p>Join our efforts to reduce skin cancer or locate additional skin cancer screenings contact:</p> 	<p>Lucille Y-Talbot, LPN, BS, MPA Public Health Consultant Special Projects ytaalbot@co.somerset.nj.us • (908) 203-6077</p> <p>The Regional Morris & Somerset County CHRONIC DISEASE & CANCER COALITION <i>Early Detection Best Protection</i> www.co.somerset.nj.us • 908-231-7155</p>		