NATIONAL HEALTHY SKIN MONTH
"YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT"

Your skin reveals a lot about your overall health. This month makes you aware of what it takes to keep your skin healthy as well as understanding how to treat and prevent common skin problems. National Healthy Skin Month stresses how to correctly use sunscreen and offers helpful tips on how to check your skin periodically to prevent skin cancer.

How to Observe National Healthy Skin Month

1. **Chill Out**: Put your feet up and manage your stress. Stress makes your skin break out and can make skin conditions like psoriasis much worse.
2. **Hydrate Daily**: Hydrating your entire body by drinking eight glasses of water daily is another cool way to moisturize your precious skin.
3. **Check your skin for spots and blemishes**: Winter is an especially good time to check yourself carefully for spots with unusual shapes or colors that might indicate skin cancer. Look for moles that seem to appear.