Sunburns, which can be painful and clearly visible, are a form of skin damage. Contrary to popular belief, a sun tan does not protect against sun burns or UV ration (CU Anschutz Newsroom). Even without it, UV rays can cause significant harm, making it important to limit UV exposure for long-term skin health (Johns Hopkins Medicine). The sun’s rays can:

- Increase the risk of skin cancer.
  - Skin cancer is estimated to affect as many as one in five Americans in their lifetime and is the most common form of cancer in the US.
- UV rays are also the most preventable risk factor.
- Damage to the skin, causing things such as liver spots, wrinkles, premature aging, and the eyes.
  - UV rays can burn the cornea (front of the eye) and lead to other eye problems such as cataracts.
- Sunburns affect the immune system, so it’s harder for the body to fight infections.

According to The Skin Cancer Foundation, close to 90% of all nonmelanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun, with more than 5,400 people worldwide dying of nonmelanoma skin cancer every month. Take time this month to create your skin protection routine — try the following:

- Use a broad-spectrum sunscreen with an SPF of 15 or higher every day, even if it’s cloudy.
- When outside, seek shade, especially between 10 a.m. to 4 p.m.
- Cover up with a wide-brim hat and protective clothing that has UV protection including UV-blocking sunglasses.
- Stay hydrated.
- Regularly examine your skin and see a dermatologist annually for a professional skin exam.

As the temperature heats up, be sure to take sun safety measures to minimize your risk of skin cancer. Learn the protective measures you can take to stay safe and still have fun this summer!

Click here to watch the video.

Sources:
https://www.aad.org/media/stats-skin-cancer
https://www.skincancer.org/skin-cancer-prevention/
# Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 – 12:45 p.m. Total Body Conditioning</td>
<td>12:00 – 12:45 p.m. Body Weight Burn</td>
<td>12:00 – 12:45 p.m. Butts &amp; Guts</td>
<td>12:00 – 12:45 p.m. Boot Camp</td>
<td>12:00 – 12:45 p.m. Tabata</td>
</tr>
<tr>
<td>(hybrid)</td>
<td>(hybrid)</td>
<td>(hybrid)</td>
<td>(hybrid)</td>
<td>(hybrid)</td>
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<tr>
<td></td>
<td>5:30 – 6:15 p.m. Stretch &amp; Flex</td>
<td>5:30 – 6:15 p.m. Boot Camp Sculpt</td>
<td>5:30 – 6:15 p.m. Cycle</td>
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</tr>
</tbody>
</table>

## Summer Specialty Class

**Stretch & Flex** – Stretch & Flex is a dynamic class designed to unlock your body’s potential and enhance your overall mobility and vitality. You’ll learn a variety of stretches to improve flexibility and mobility and release tension to improve your joint’s ranges of motion safely and effectively. **Note:** This offering will be held Tuesdays at 5:30 p.m. through July.

Class descriptions can be found [here](#).

**Did you know?** Blomeyer has hybrid group exercise classes allowing you to attend in person or online at your convenience. Enjoy live 45-minute daily workouts that can be done at home or in your office with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. Classes are live streamed via Zoom.

**To join any of our hybrid classes, click this [LINK](#) at 12:00 p.m. Mon–Fri. No registration required!** **Note:** To hear our amazing instructors, you will need to join the audio and ensure your speakers are turned up to an appropriate volume (you can mute yourself after you join the audio). Double check that you have sufficient space, clear of any tripping hazards for a safe workout. Don’t forget your water bottle!

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For more information
Call (404) 727-4600, email blomeyer@emory.edu or visit [https://www.hr.emory.edu/blomeyer](https://www.hr.emory.edu/blomeyer)
Strengthening Your Social Well-being

Feeling connected to others, having a sense of belonging, and having social support give you a strong foundation for a healthier, happier life. These connections and relationships provide emotional support that can relieve worries, buffer stress, and be a source of great joy. Strong social well-being can help reduce the risks associated with social isolation and loneliness.

What is Social Well-being?
Social well-being means having connections with people you trust and having social support. People with high levels of social well-being tend to...

- have at least one person they can confide in when they are struggling or going through a hard time
- have people in their life who will listen without judgment
- have someone they can count on when things go wrong
- be in communication with others who care about how they are doing
- have people in their lives who offer practical help, such as babysitting or a ride to the store.

Strengthening Social Well-being
Are you looking to make this area of your life stronger? You can do many things to strengthen your social network in ways that positively affect your overall well-being.

- **Be honest about your needs and be willing to ask for help.** Many people pride themselves on being independent and doing things on their own. But the truth is, no one can take on the world alone. We all need help occasionally, but often, the hardest part is asking. Chances are, plenty of people will be willing to support you if you simply ask for what you need.

- **Be supportive of others.** How can you make a difference for those around you? Relationships are a two-way street, so helping someone else is not only a nice way to return a favor; it feels good, too!

- **Show appreciation.** Saying "thank you" is a simple but powerful way to let someone know that you appreciate them and that they’ve made a difference in your life.

- **Reach out.** In our busy lives, sometimes we lose touch with certain people. Yet, there are more opportunities to stay connected than ever before. A periodic phone call, email, text message, or simply staying in contact through social media can help you feel connected.

- **Look for ways to strengthen your network—at home, work, and community.** Are there areas of your social network where you’d like to add more connections? Here are a few ideas:
  - Ask a friend to introduce you to others
  - Invite people you don’t normally socialize with to an outing or meal together
  - Volunteer in your community
  - Take a class to meet others with similar interests
  - Participate in a local sports team or recreational league (e.g., bowling, softball, etc.)
  - Join a book club or other social club

Building your social network is a lifelong process. When you surround yourself with the right connections, you support strong social well-being, resilience, and overall well-being.

Join Emory’s Employee Resource Groups (ERGs) to connect with colleagues and coworkers.

- Emory University employees, click [here](#) to learn more
- Emory Healthcare employees, click [here](#) to learn more

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This information is intended for educational purposes only and should not be interpreted as medical advice. Please consult your doctor for advice about changes that may affect your health.

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Sleep Better, Feel Better

Sleep Better, Feel Better campaign ends on August 4! Did you know that 1 in 7 Americans don’t get the recommended 7–9 consecutive hours of sleep daily? Inadequate sleep can decrease your memory and increase your anxiety. During Sleep Better, Feel Better, you’ll focus on your sleep to enhance your mental and physical well-being. Record your progress using Healthy Emory Connect (Sharecare) and earn a medical plan well-being incentive or reward!

Emory employees can earn a $75 medical plan well-being incentive for those enrolled in an Emory medical plan. Benefits-eligible employees who have waived participation in an Emory medical plan will be entered in a raffle to win one of the following:

- Swedish/Therapeutic massages (30-minutes)
- Personal training session (30-minutes)
- $25 gift card
- One-month membership to participating Emory fitness facility

To earn the incentive or reward:

1. **Complete the Get Enough Sleep Challenge** (June 24 – Aug 4):
   Log 7–9 consecutive hours of sleep for at least 21 days during the challenge in your Sleep Tracker. Enable your automatic sleep tracker to track or enter your sleep hours manually. Ensure to open the app every few days to sync your tracker if the auto-sync option is enabled.

2. **Read these four articles about enhancing your quality of sleep** (June 24 – Aug 4):
   - Need a Quick Nap? Make Sure You’re Doing it Right
   - Another Benefit of a Good Night’s Sleep: Improved Cognitive Function
   - Proven Ways to Break the Anxiety-Insomnia Cycle
   - 6 Ways You Can Turn Your Bedroom Into a Sleep Sanctuary

Click here to learn how to get started with Healthy Emory Connect.

*Benefits-eligible employees are those employees working greater than 20 hours per week

Healthy Emory Running Group

Healthy Emory is partnering with Blomeyer Health Fitness Center and Big Peach Running Company to host weekly running groups! Our second cohort kicks off on July 15 to train for the Winship 5k. Please see below for the location and meet-up details. Please click here to register today for Healthy Emory Running. Click here to view the schedule.

**Date:** July 15
**Click Here to Register**

Kaiser Permanente Well-being 101

We are delighted to announce a collaborative initiative between Healthy Emory and Kaiser Permanente that brings an exclusive series of informational webinars to provide insights into your overall well-being. With a focus on well-being offerings and discounts, these webinars aim to support your health journey, encompassing chronic conditions and overall well-being.

**Date:** July 16
**Time:** 1:00 pm – 2:00 p.m.
**Click Here to Register**

Sleep Better, Feel Better Health Talk Webinar

This health talk covers simple and effective tools to improve the ability to sleep better while highlighting strategies tailored for shift workers, considering their unique challenges in maintaining healthy sleep habits. The health talk webinar is powered by Amanda Thomas and the Decatur Wellness Center and is hosted by Dr. Nancy Collop.

**Date:** July 30
**Time:** 12:00 p.m. - 1:00 p.m.
**Click Here to Register**
Healthy Emory Service Request

Emory offers various programs, resources, and services to support and promote your health-living efforts. The Healthy Emory initiative was established to improve employee health and well-being regarding physical activity and fitness, balanced nutrition, culture, community, and stress management.

Click here to request service.

Please see the list below to view some of Healthy Emory’s offerings:

- Well-being Education
- Active Break (Stretching, Yoga, guided breathing, etc.)
- Cooking Demonstrations
- Ergonomics Assessment and/or Presentation
- Stress Management Presentation
- Healthy Emory 101 Presentation
- (Comprehensive overview of all well-being services)
- Well-being Champion Overview
- Medical Plan Incentives/Rewards Overview
- Chair Massage Outreach for the Department (additional cost associated)

Well-being Expos

Find inspiration to invest in your well-being this year. These events focus on setting your personal well-being goals. Various activities centered around your well-being will be offered throughout the day.

Stop by Emory’s scheduling team to schedule healthcare needs like Annual Wellness Preventive Exams, Mammograms, or appointments with Emory Healthcare provider. Visit Emory’s Aetna Dedicated Nurse Advocate to support your condition needs or Emory’s Credit Union to jump-start your 2024 financial goals. These are just a few vendors and partners that will be available.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Timeline</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emory School of Medicine</td>
<td>7/17/2024</td>
<td>9 a.m. - 2 p.m.</td>
<td>100 Woodruff Circle NE, Atlanta, Ga 30322</td>
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<td></td>
<td></td>
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<td>James B Williams Medical Education Building</td>
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<tr>
<td>Emory Primate Center</td>
<td>7/31/2024</td>
<td>10 a.m. - 2 p.m.</td>
<td>954 Gatewood Road NE, Atlanta, Ga 30329</td>
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<tr>
<td></td>
<td></td>
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<td>Conference rooms 1 &amp; 2</td>
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</tbody>
</table>

Upcoming Important Dates

To view all Healthy Emory Events for 2024, visit our Healthy Emory Calendar.