

The truth is tanning isn't healthy and your skin should be protected from UV exposure (both indoors & outdoors)!

This year, I pledge to:

- Avoid deliberate indoor & outdoor tanning.
- Know my skin and watch for changes & signs of skin cancers.
- Protect my skin by planning ahead, wearing sunscreen, avoiding the sun at its peak if possible, seeking shade, and covering up.

First Name	Last Name	Signature
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		