

### #PromotePrevention

Wear NEON COLORS on Fridays in July  
to BE SEEN keeping your skin safe.

Submit a photo to [inhealth@company.com](mailto:inhealth@company.com)  
or tag us on Instagram ([Company\\_InHealth](#)).

- Wear sunscreen
- Inspect your skin
- Prevent insect bites

# BE SEEN KEEPING YOUR SKIN SAFE

Company Name





**#PromotePrevention**

Wear NEON COLORS on Fridays in July to remind everyone to BE SEEN when cycling. Submit a photo to [inhealth@company.com](mailto:inhealth@company.com) or tag us on Instagram (Company\_InHealth).

- Wear your helmet
- Ride with traffic
- Use hand signals

**BE SEEN & SAFE**

**ON YOUR BIKE**

Company Name





### #PromotePrevention

Wear NEON COLORS on Fridays in July to remind everyone to BE SEEN when walking or jogging. Submit a photo to [inhealth@company.com](mailto:inhealth@company.com) or tag us on Instagram (Company\_InHealth).

- Wear bright colors or reflective clothing
- Walk against traffic
- Carry a flashlight

# BE SEEN & SAFE WALKING OR JOGGING

Company Name



## #PromotePrevention

Wear NEON COLORS on Fridays in July to remind everyone to BE SEEN staying hydrated while enjoying summer activities. Submit a photo to [inhealth@company.com](mailto:inhealth@company.com) or tag us on Instagram (Company\_InHealth).

- Especially important on hot & humid days
- Sweating more? Drink more!
- Water is best

# BE SEEN STAYING HYDRATED

Company Name



## #PromotePrevention

Wear NEON COLORS on Fridays in July to remind everyone to BE SEEN gardening safely.

Submit a photo to [inhealth@company.com](mailto:inhealth@company.com) or tag us on Instagram (Company\_InHealth).

- Stretch well before starting
- Keep tools in good condition
- Know how to identify dangerous plants or insects

# BE SEEN

# GARDENING SAFELY

Company Name

