

Bay Area

HEALTH & WE LNESS

EXPO

Join us as we celebrate health in our community!

10am - 3pm

Hammock Bay Town Center

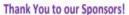
(425 Victory Blvd, Freeport)



FREE Fun for the entire family
Community Vendors
Health Screening and Education
Live Entertainment
Prizes and Give-a ways

A2Z 25

JohnDouglas
INSURANCE Florida Blue 99
850-769-7785
JohnDouglasInsurance.com







The Lupus
Foundation of
America says
photosensitivity is
common in people
with lupus: 40% to
70% of people will

find that their disease is made worse by exposure to UV rays from sunlight or artificial light.

The foundation offers the following tips:

- Choose light bulbs that have the lowest possible irradiance.
- Use UV-blocking shades to cover windows
- Consider tinting the windows of your car.
- Wear clothes that cover you and a hat and sunglasses.
- SPF 100 is available, make it your best friend



Rich Houde and Christine Stearns-Houde

Ambassador for the

Lupus Foundation of America