

THE LIGHTNING ROD



SUMMER TIME IS PLAY TIME. A HEALTHY SENSE OF PLAY AND FUN IS EXCELLENT FOR HEALTH.

Vacations are big for summer!

We are smack in the middle of vacation season. Summer has traditionally been the time of year for family trips and outdoor celebrations. Healthy People LLC is no exception. We closed for a

while in June. So, this newsletter will be a mini version of itself. Never fear, there will extra helpings of info in the August newsletter to make up for it. In the meantime, enjoy this issue filled with ideas for

healthy play. Grown ups need playtime too!

So, get out there and seize the summer.

Scarlett Winters, N.D.



HEADING TO COOLER CLIMES



CELEBRATIONS



GETTING OUTDOORS

Meadowood Wellness Fair next month

Date: Thursday, August 18

Time: 11-2pm

Location: Meadowood Retirement
Community, 2455 Tamarack Trail,
Bloomington, IN 47408

BLOOMINGTON OFFERS MANY
FREE OPTIONS FOR ENJOYING
FUN AND SOCIETY OUTDOORS
IN THE SUMMER MONTHS.

Concerts in Bryan Park

Families can enjoy great
music in Bryan Park on
Sunday evenings from
6:30pm to 8pm through July
and August.

Third Street Park Concerts

Once a week not enough?
Great! Check out more
music on Thursday evenings
at Third Street Park from
6:30pm to 8pm.

July 4th Concert

From 11:30am to 1pm on
the Courthouse Lawn, you
can enjoy music and
community.



SUMMER HATS

ONE OF MY FAVORITE PARTS OF
SUMMER IS THE EXCUSE TO WEAR
SUMMER HATS. I LOVE THE
GIANT DIVA HATS. THEY ARE A
STYLISH AND FUN WAY TO KEEP
THE SUN AND WIND OUT OF YOUR
EYES AND PROTECT AGAINST TOO
MUCH SUN EXPOSURE ON THE
FACE.



EVERYWHERE SUN

ARE YOU THE TYPE THAT RUNS
OFF TO COLDER CLIMATES
DURING THE SUMMER? IF SO,
REMEMBER THAT YOU ARE ABLE
TO GET A SUNBURN IN WINTER
WEATHER, TOO. SNOW IS
PARTICULARLY GOOD AT
REFLECTING SUN RAYS.



COMPLEXION CONNECTION

HOW MUCH SUN IS TOO MUCH?
THAT DEPENDS ON THE PERSON.
A PALE, FRECKLED PERSON WITH
BLUE EYES MAY ONLY MAKE IT
10-15 MINUTES BEFORE DAMAGE
STARTS TO OCCUR, WHILE
SOMEONE WITH DARKER
FEATURES HAS MORE SUN
TOLERANCE.