

# Dear Family,

As we prepare for our upcoming family gathering, I want to take a moment to share some important information about skin cancer prevention.

## Why Skin Cancer Awareness is Important

Skin cancer is one of the most common types of cancer, but it is also one of the most preventable. With proper knowledge and precautions, we can significantly reduce our risk.

## Tips for Prevention

- Always wear sunscreen with at least SPF 30, even on cloudy days.
- Seek shade during peak sun hours (10 a.m. to 4 p.m.).
- Wear protective clothing, including a wide-brimmed hat and UV-blocking sunglasses.
- Check your skin regularly for any changes or unusual spots.
- Encourage kids to practice sun safety from a young age.

## Join Us in Staying Safe

Let's make it a priority to protect ourselves and each other during the family gathering. I encourage everyone to bring their favorite sunscreen and a hat!

Thank you for taking the time to read this, and I look forward to seeing everyone soon!

## Warm regards,

[Your Name]