July is UV Safety Month

One of the easiest ways to reduce your cancer risk is to protect your skin from UV radiation.

Keep these tips in mind to protect yourself from sun damage:
• Avoid going outdoors between 10am—4pm when the sun’s rays are strongest
• Do not use tanning beds
• When outdoors, seek shade.
• Use sunscreen and lip balm with SPF 30+
• Cover up and wear a large brim hat.
• Wear sunglasses with UVA and UVB

For more information please visit MD Anderson’s website.

ALAC CLASSES

ALAC classes are in full swing! We are happy to announce that our partners at Cancer and Chronic Disease Consortium (CCDC) in El Paso are beginning 2 new classes this month. Below are some photos from their last graduation!

Stay Connected!

MD Anderson currently offers free Zumba classes over Zoom every Sunday! Click HERE to connect.
Meeting ID: 996 0813 3975
Password: 888888

Join our Active Living After Cancer Facebook page! To join, simply email us at GAMontoya1@mdanderson.org.

Outstanding

CCDC is still recruiting for their new and upcoming classes! Know someone in El Paso that’s interested in being a part of an ALAC class? Click HERE to register your interest! We can’t wait to see new participants in our ALAC classes!

Questions?
Email us at GAMontoya1@mdanderson.org

Click HERE to learn about our upcoming classes.

Click HERE to sign up for an upcoming ALAC class!