

# PRO-CARE'S SUMMER HEALTH CHECKLIST

- REFILL MEDICATIONS
- HAVE YOUR SKIN CHECKED
- PACK/REFILL FIRST AID KIT
- SCHEDULE YOUR PHYSICAL
- WEAR SHADES DAILY
- DRINK YOUR H2O
- WEAR SUNSCREEN DAILY
- FIX YOUR NAGGING INJURIES OR PAIN
- GET KID'S CAMP/SPORTS PHYSICALS

