Hello There,

We know your days may be filled with lots of fun activities, but don’t neglect preventative measures to protect your eyes! Did you know that July is National Eye Injury Prevention Month? The easiest way to protect your eyes is wearing the proper protective eyewear for the activity you are partaking in.

Need some fun and easy activities to do this summer?

Here are some suggestions:

- start a garden
- plan an outdoor picnic with family and friends
- go to the beach

Need some more ideas? Make sure you read the full article [here](#) and stay connected by following us on Facebook & Twitter.

Use the button below to read our previous newsletters.

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**News Update:**

We attended the AAHC & AHPCO Conference & Expo this past June.

It was a part of the Arizona Associate for Home Care and Arizona Hospice & Palliative Care Organization. Did you see us there?

**Upcoming Events:**

We’ll be attending “Game of Unknowns” Hospice of Green Country Continuing Education Event on August 28 in Tulsa.

We’re excited to share the details of this event: stay tuned for next month’s newsletter!

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**PREVIOUS NEWSLETTERS**