

Protect Yourself

Help CO Beagle Rescue



Mary Kay SPF 30 Sunscreen—\$14



Lip Protector w/SPF 15—\$7.50



After-Sun Replenishing Gel



Subtle Tanning Lotion—\$16

For every sun protection product ordered through September 30,
30% will be donated to Colorado Beagle Rescue!

Call: **Kathy Pfalzgraff**
303-470-8893

**Or order online at www.marykay.com/kpfalzgraff and mention in the comments section
Colorado Beagle Rescue!**

Do you know that Colorado has some of the highest skin cancer rates in the world because of our altitude and that we average at least 300 days per year with partial sun? Protect yourself and learn the important ABCDs of Malignant Melanoma!

Asymmetrical— If a line is drawn through the center of the abnormality, the two sides do not match.

Borders— The border of the spot appears uneven, with scalloped or notched edges. Moles would have even borders.

Color— The first signs of melanoma will appear in varying shades of brown and black. It can also be detected by a multicolored appearance, often with the colors of red, white or blue.

Diameter— If the size of the mole-like abnormality is any larger than a pencil eraser (about a quarter of an inch in diameter), it should be evaluated by a doctor.

The incidence and death rate of melanoma is 21% higher in Colorado! Sun protection is **crucial**, and the younger the age you get children into the habit of wearing sun protection, the better.