



## School is Still Out for Summer!

Looking for some things to do as you gear up for the new school year? Take a peek at some of the free and low cost resources below!



**FREE Crayola Coloring Pages**  
<https://bewell.cretex.com/coloring>



**24 Low Cost Activities for Kids**  
<https://bewell.cretex.com/summer>



**PBS Kids - Parent Resources, Tips & Activities**  
<https://bewell.cretex.com/pbs>



**USDA Forest Service - Kids**  
<https://bewell.cretex.com/Forest>

## Resource: TED Talk - Single Most Important Parenting Strategy



[bewell.cretex.com/familyaugust24](https://bewell.cretex.com/familyaugust24)

It's okay to struggle with raising children. Parenting is tough, and everyone faces challenges. These struggles help us grow and connect more deeply with our kids. Remember, there's no perfect way to parent, and it's fine to seek help and learn along the way.

## Featured Activity

This month, we are featuring 4 different educational resources. To complete the activity, review one or all of the resources, then scan the code or use the link to complete the form to be eligible for the incentive.

## Summer Safety!

Sunscreen is essential in summer to protect your skin from harmful UV rays, preventing sunburn and reducing the risk of skin cancer. Stay safe by applying sunscreen regularly!

[bewell.cretex.com/sunsafety24](https://bewell.cretex.com/sunsafety24)



Good nutrition is vital in summer to keep energized and hydrated. Eat plenty of fresh fruits and vegetables to stay healthy and active all season long!

[bewell.cretex.com/goodnutrition24](https://bewell.cretex.com/goodnutrition24)

Staying hydrated in summer is essential to maintain energy and overall health. Eat foods high in water content and drink plenty of water to prevent dehydration!



[bewell.cretex.com/hydration24](https://bewell.cretex.com/hydration24)

## Coming in September: ThumbsUp 5k Walk/Run/Bike

To register, visit our page at: [go.cretex.com/ThumbsUpTeam](https://go.cretex.com/ThumbsUpTeam); select the **Cretex Medical Team** and use code **CRETEX50**. Cretex will cover the cost of entry for 50 employees.



[bewell.cretex.com/0824](https://bewell.cretex.com/0824)