



August
2011
Newsletter

"Back to School" VitaliaMed Specials

20% off [Glycolic Moisture Creme](#) or [Glycolic Renewal Gel](#) when you purchase [Alpha Beta Cleanser.](#)

Get a free travel size Alpha Beta Cleanser when you receive a [Teen Clarifying Facial.](#)

Weekend FX Facial Rejuvenation \$1000

Erase fine lines and sun damaged skin while improving your texture and tone with minimal downtime!

****These specials cannot be combined with any other discounts or promotions.**

Get organized now for the best school year ever! Use these ideas to prepare your home and family for the busy days ahead:

1. **Create a Centralized Calendar:** Have a centralized site for all family calendars and schedules. You'll need a family event calendar to track after-school activities, school programs and volunteer work.
2. **Ease Family into School Year Schedule:** During the last two weeks of summer, re-introduce a school year bedtime. Begin waking late sleepers earlier and earlier, closer to the hour they'll need to rise when school begins.
3. **Check Before You Shop:** An informed shopper is a savvy shopper, so prepare before you shop. Take an afternoon and assess each child's clothing needs. Empty drawers and closets of outgrown or worn-out clothing, and either store or donate the discards.
4. **Gather Your Papers:** School entry may require documentation including immunization records and report cards from the previous school year. A little preparation can prevent frantic last-minute searches.

Remember to Slip! Slop! Slap!...and Wrap when you're outdoors — slip on a shirt, slop on sunscreen of SPF 15 or higher, slap on a hat, and wrap on sunglasses.



The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the chance of sun damage.

UV Index	
Exposure Category	UV Index Range
Low	2 or less
Moderate	3 to 5
High	6 to 8
Very High	8 to 10
Extreme	11+

Florida's average for the month of August ranges from 9-11!

Click the [Here](#) to find out what the UV index is today!

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