



Staying Sun Smart This Summer

As the summer sun returns it's important to remember to protect your skin from sun damage-whether the sun is shining or not. According to The Irish Cancer Society, each year over 10,000 people in Ireland are diagnosed with skin cancer caused by UV rays from the sun (ICS2023). Join us in the studio as we will be discussing ways we can protect our skin all year round, and the skin cancer signs and symptoms to watch out for.

We will be joined by special guests: Ciara Darcy, Skin Coach; Kelly Taylor, British Skin Foundation.

[Click HERE for more Information](#)



Thursday 24th May @ 1:15pm