

## THE NEW & NOTEWORTHY

### Savor Summer. Sustain Your Wellness.

July invites us to slow down, soak up the sunshine, and refocus on what truly fuels our well-being. It's a month where small, consistent choices - hydrating in the heat, protecting your skin from UV rays, carving out quiet moments - can make a big impact. Maybe you're traveling.

Maybe you're staying close to home. Maybe you're feeling energized by long days, or maybe you're hitting a mid-year lull. Wherever you are, July is your reminder to pause, reset, and re-center on what matters: your health, your joy, and your capacity to feel good inside and out.

This month is also UV Safety Month, a timely reminder to prioritize skin health and sun protection. With more time spent outdoors, now's the time to double down on SPF, hydration, and whole foods that nourish from within.

Let this be a season of lightness and intention - walking at golden hour, moving your body because it feels good, setting boundaries to protect your peace, and taking care of the future you with every mindful choice. Wellness doesn't have to wait. You just have to start.

### This Month's Wellness Reminders

- Hydrate smart. Water-rich fruits like watermelon, cucumber, and berries do double-duty to cool and nourish.
- Protect your skin. Broad-spectrum SPF, wide-brim hats, and shade breaks are your daily essentials.
- Move with the sun. Take advantage of morning or evening light for movement, stillness, or both.
- Unplug to recharge. Step away from screens. Step into nature.
- Keep your balance. Travel can be refreshing, but also disruptive. Anchor yourself with small, steady habits.

### Save the Date: Expo 2026

The next chapter of longevity innovation is already in motion.

While this year's event has wrapped, the momentum is just beginning. The Longevity Expo returns in 2026.

- January 10th and 11th | West Palm Beach, FL

For updates on next year's Expo, and more opportunities to get involved, visit [thelongevityexpo.com](http://thelongevityexpo.com) and follow [@thelongevityexpo](https://www.instagram.com/thelongevityexpo) on Instagram.

Because thriving shouldn't be a seasonal trend - it should be your baseline.