

# Kick off to fall!

A couple things to remember during the fall months:

- Did you know your skin is still susceptible to sun damage during the fall? We recommend using a sunscreen that is SPF 30 or higher on a daily basis. If you plan to be outside watching football games or enjoying the cool crisp air this fall, make sure to protect your skin!
- Now that summer is over, come in and see Dr. Brooks to discuss preventative skin care.)

Here at Boise Dermatology we are kicking off fall with a giveaway!

Win our Boise State swag bag!

To enter:

- Like our page
  - Tag 3 friends in the comments and let us know your favorite fall tradition
- Winner will be chosen on October 29<sup>th</sup>!

