

WELLNESS ARTICLE



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Written By: Heather Williams

July is UV Safety Awareness Month! Spending time outdoors is great for your health, but protecting your skin is just as important. Too much exposure to ultraviolet (UV) rays can increase your risk of sunburn, premature skin aging, and skin cancer.

Protect yourself by:

- 💧 Applying broad-spectrum sunscreen with SPF 30 or higher
- 🕶️ Wearing sunglasses that block UV rays
- 🧢 Wearing a wide-brimmed hat and protective clothing
- 🌳 Seeking shade, especially between 10 a.m. and 4 p.m.
- 💧 Staying hydrated while enjoying the summer sun

A few simple sun-safe habits can help keep you and your family healthy all summer long!

July is Minority Mental Health Month, a time to raise awareness about the unique mental health challenges faced by racial and ethnic minority communities. Many people experience barriers to care, including stigma, language differences, cultural beliefs, and limited access to mental health services.

Mental health is just as important as physical health. Taking care of your emotional well-being can improve your overall quality of life, strengthen relationships, and help you better manage stress. If you or someone you know is struggling, remember that seeking help is a sign of strength—not weakness.

This month, let's work together to encourage open conversations, reduce stigma, and ensure everyone has access to the support and care they deserve.



Join Our July Health Talks!

Join us for our Health Talk on July 22 from 12–1 p.m. to learn more about Healthy Aging and menopause.

Visit [QPICSA.com](https://www.qpic.com) and click the Health Talk banners on the homepage to learn more and sign up!



Need a Primary Care Provider?

HealthTexas is accepting new patients and offers same-day appointments for established patients, along with Saturday appointments help fit your schedule.

- **Premier Personalized Care**
- **Televisits Available**
- **Short Wait Times**
- **Timely Referrals & Authorizations**
- **Saturday & Extended Hours Care**
- **Same Day Sick Appointments**
- **Hablamos Español**

Healthy Recipe

Southwest Chicken Lettuce Wraps

A light, protein-packed summer meal with bold flavor and fresh ingredients.

Ingredients:

- 1 lb grilled chicken breast, chopped
- 1 cup black beans, rinsed and drained
- 1 cup corn (fresh or thawed frozen)
- 1 cup diced tomatoes
- 1 avocado, diced
- 1 tsp chili powder
- 1 tsp cumin
- Juice of 1 lime
- Romaine or butter lettuce leaves



Directions:

1. In a bowl, combine chicken, black beans, corn, tomatoes, and avocado.
2. Season with chili powder, cumin, and lime juice. Mix well.
3. Spoon mixture into lettuce leaves.
4. Serve chilled or at room temperature.

Healthy Tip: Lettuce wraps are a great low-carb alternative to tortillas while still keeping meals satisfying and nutrient-rich.

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