

The UCD Wellness Connection

July 2025



Shield your smile this summer

There are easy ways you can prevent sun damage, cold sores and even lip cancer.

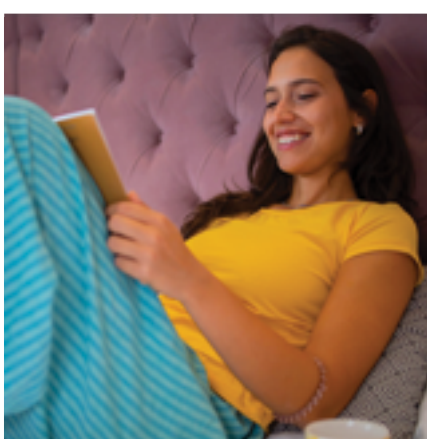
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Prevent hearing loss in noisy workplaces

Is your job putting your hearing — and your oral health — at risk? There are steps you can take to protect yourself.

[Learn how →](#)



Good sleep, better health

Waking up rested and refreshed can boost your oral and overall health — but it doesn't happen overnight.

[Explore our guide →](#)