



See You at the Rays of Hope!

We are looking forward to joining in the 20th anniversary of the Rays of Hope! The significance of this event is evident in the number of walkers and runners that descend upon Forest Park (or Greenfield) on a crisp October morning. This year's event holds the promise of being the largest one yet. We hope to see you there as our own "team BOGG" will be walking right along side you, and this will be our 6th year as a water stop host!

We share the following information from the Rays of Hope website: "Since its inception in 1994, Rays of Hope has been helping women and men in the fight

against breast cancer by supporting research at the Rays of Hope Center for Breast Cancer Research and also by walking along side them on their cancer journey. By providing funding for state-of-the-art equipment, breast health programs and outreach, community partners and complementary therapies, Rays of Hope cares for the whole person from diagnosis and beyond.

Without individuals like you, Rays of Hope would not have over 700 teams and 22,000 participants hitting the pavement; we would not have raised a remarkable \$11.08 million since 1994; nor would we be able to continue our mission. We invite you to join us in celebration of our 20th

anniversary - form a team, become a corporate sponsor, make a donation of \$20, \$200 or more - whatever way you choose you will be helping the thousands of people we care for right here in western Massachusetts and our surrounding communities."

We are proud to answer the call to action from the Rays of Hope by proudly hosting a water stop and supporting our own "team BOGG" walkers/runners from our staff! We invite you to join the movement—for more information, visit the Rays of Hope page at <http://foundation.baystatehealth.org>.



Congratulations Dr. Elliot Greenberg!

In June Dr. Elliot Greenberg was honored by Baystate Medical Center's Ob/Gyn residents when he received the prestigious David T. Booker, MD Award, named after a legendary teaching faculty member. Each year the award is determined by

the residents' votes for their mentors who embody excellence and have inspired them to become better physicians by their poise, humor, and compassion. Congratulations Dr. Greenberg! Learn more about Dr. Greenberg and his extensive experience with

pelvic floor disorders, urogynecology, and minimally invasive surgery at BOGG.com!



Changes in Sunscreen Labeling

Is your sunscreen doing what it claims to do? New requirements to sunscreen labels provide better information about the product's claims. Some of the new requirements include changes to "waterproof" claims (to water-resistant),

reapplication timing guidelines, broad spectrum testing, and more. Some of the changes are subtle but are worth the extra time reading the fine print! And, don't forget to check for expiration dates on your sunscreen to avoid a surprise burn!

Attention Students!

Now is a great time to plan ahead! Consider booking your medical appointments

now to avoid the last minute crunch before you head back to school in the fall!

Seek Relaxation

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." (-John Lubbock). With the pressures of everyday life and the consistent reminders of the negative effects that stress can have on your health, we remind you to seek out those pleasures in life that you find relaxing!

www.bogg.com



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