

# DON'T MAKE HEADLINES FOR THE WRONG REASON

TANNING BEFORE AGE 35  
INCREASES YOUR RISK OF  
MELANOMA BY NEARLY 60%\*

Learn the risks

**TAKE THE  
PLEDGE!  
SPREAD THE WORD**

[WWW.THEBEDISDEAD.ORG](http://WWW.THEBEDISDEAD.ORG)

\*Find the full list of facts at [www.thebedisdead.org/facts](http://www.thebedisdead.org/facts)

WIN A **CASH PRIZE\*\***

**#THEBEDISDEAD** CONTEST

1. Post a selfie photo or video on Instagram or Twitter
2. Use the hashtag **#THEBEDISDEAD**
3. Tell us why you have chosen to not tan indoors

\*\*To be eligible to win, you must follow the rules and regulations found at [www.thebedisdead.org/contest](http://www.thebedisdead.org/contest)