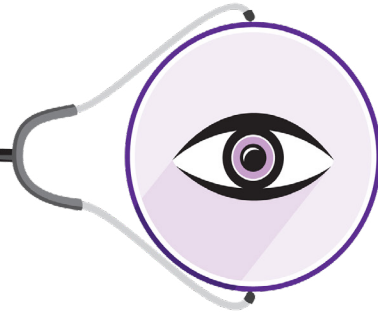




Did you know myopia, also known as nearsightedness, affects over 40% of Americans? According to the American Optometric Association, this includes 1 in 4 children.



MARCH IS
SAVE YOUR VISION
MONTH



This March, to celebrate National Save Your Vision Month, schedule the eye exam you may have been putting off and follow these tips from the National Eye Institute to keep your eyes healthy:

1. Eat a healthy diet of leafy greens and fish.
2. Exercise often.
3. Try to avoid touching your face and eyes, especially with unwashed hands.
4. Make sure to wear protective eyewear when

applicable (playing sports, doing DIY projects around the house, and mowing the lawn).

5. Wear sunglasses to protect your eyes from sun's rays.
6. Give your eyes a break from looking at electronic devices for long periods of time. Try the 20/20/20 rule, which says every 20 minutes, look about 20 feet away for 20 seconds.
7. Say no to smoking.

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