

# May is National Vision Health Month

TIPS FOR

## HEALTHY VISION

You only get one pair of eyes--take care of them!



### 1 GET A DILATED EYE EXAM

Regular eye exams can catch vision problems early, as well as uncover signs of other health problems.



### 2 LIVE A HEALTHY LIFESTYLE

Healthy diet and exercise are good for the health of your whole body--including your eyes!



### 3 WEAR EYE PROTECTION

Protect your eyes from injury with safety glasses or goggles during work and sports.

### 4 LIMIT SCREEN TIME

Blue light from electronic screens can strain your eyes--take frequent breaks.



### 5 WEAR SUNGLASSES

Shield your eyes from UV rays by choosing sunglasses with 99-100% UVA/UVB protection.

**Come and Participate in the Diabetes Eye Care Awareness Walk**

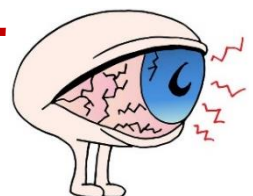
**Thurs., May 26, 2022...from 9 A.M. – 11 A.M.**

**At the Tohajiilee Walk Trail**

**Refreshments Served**



**Good Eye**



**Sick Eye**