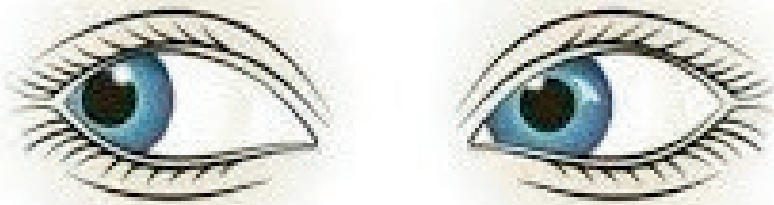
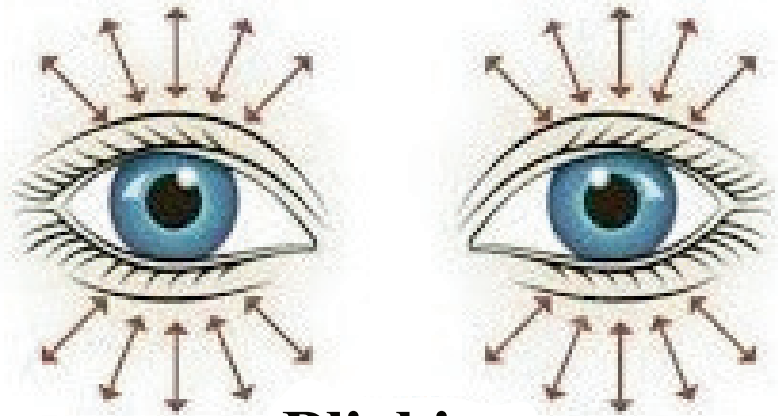


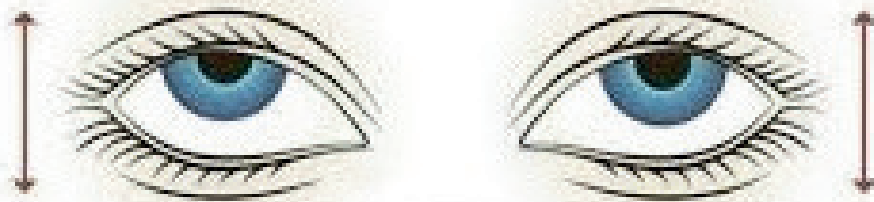
# Daily Eye Exercises



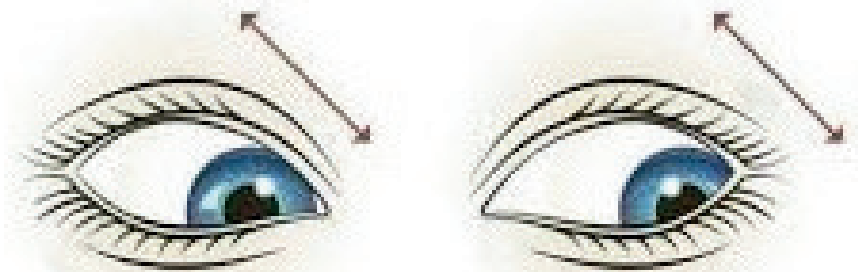
**Side to Side**



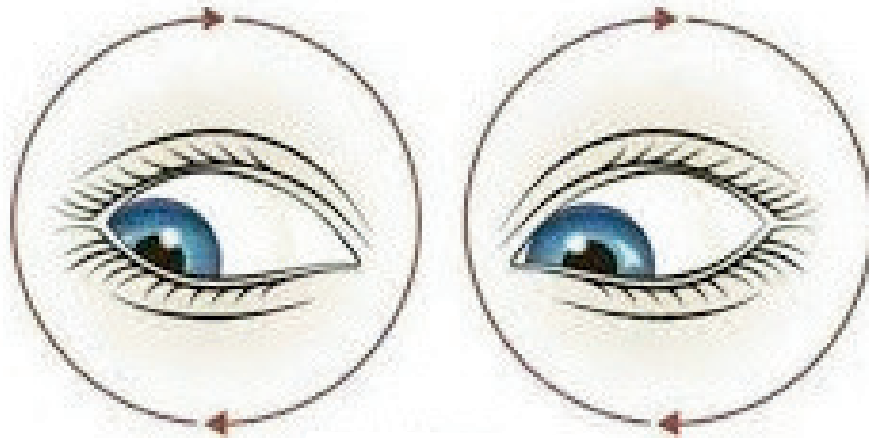
**Blinking**



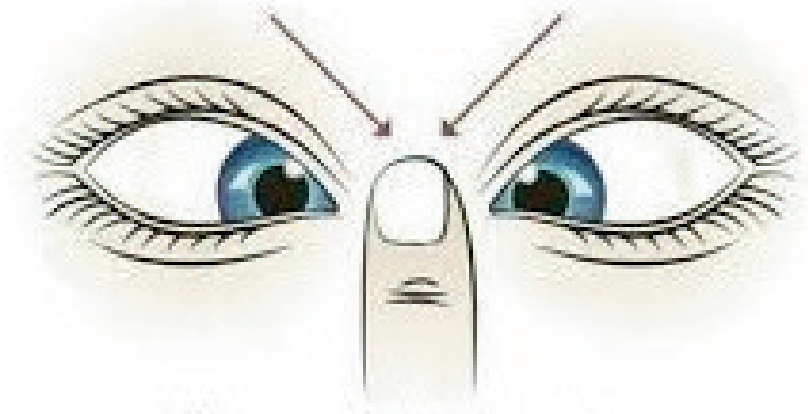
**Up & Down**



**Sideways**



**Rotations**



**Nose Tip Gazing**