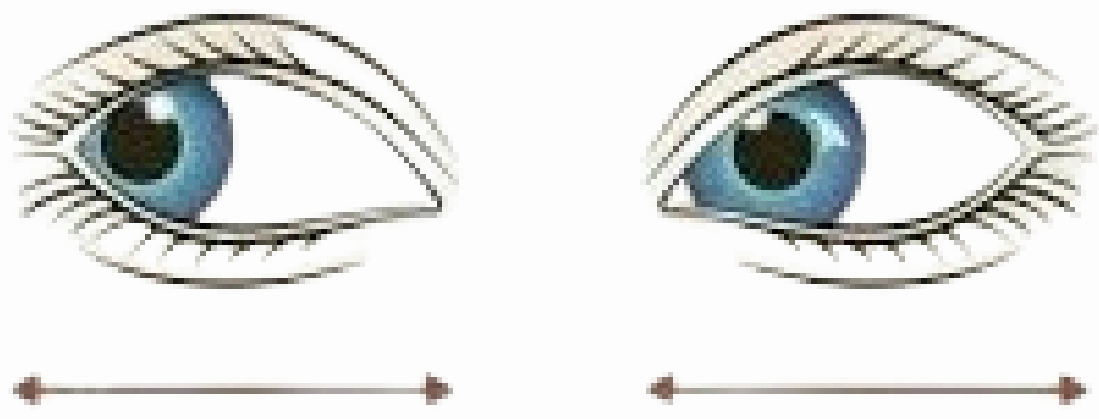
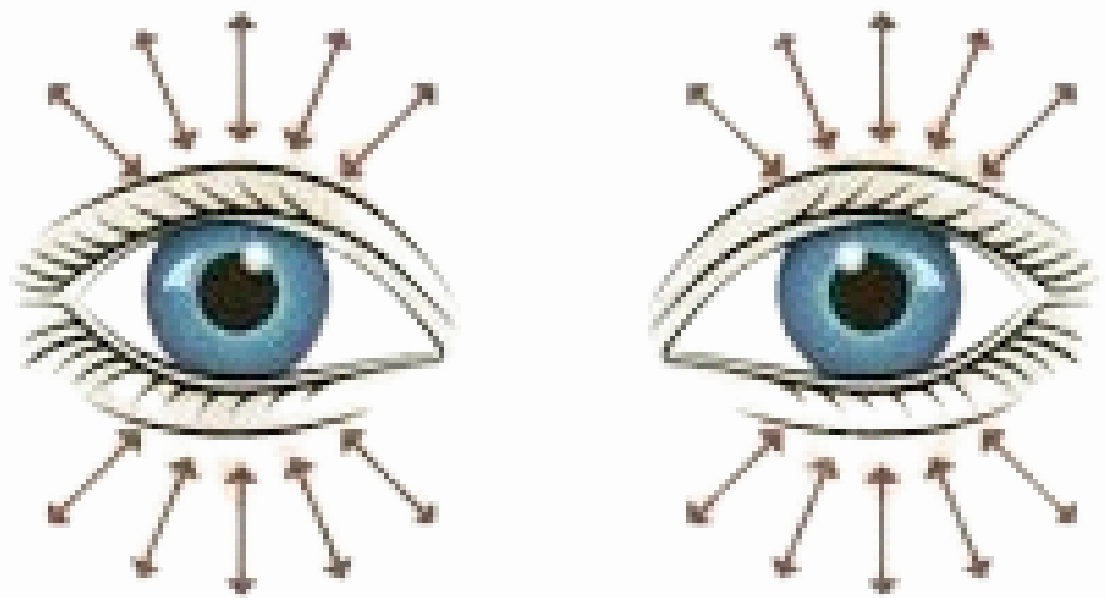


Protect Your Eyes From Digital Screens

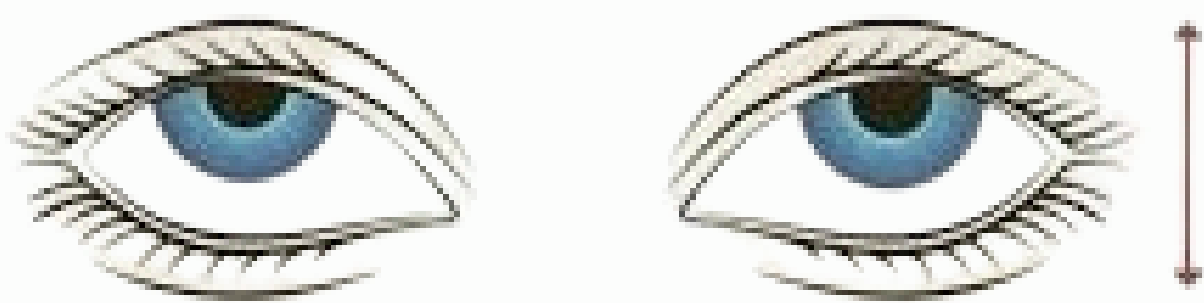
Follow these Eye Exercises



Side to Side



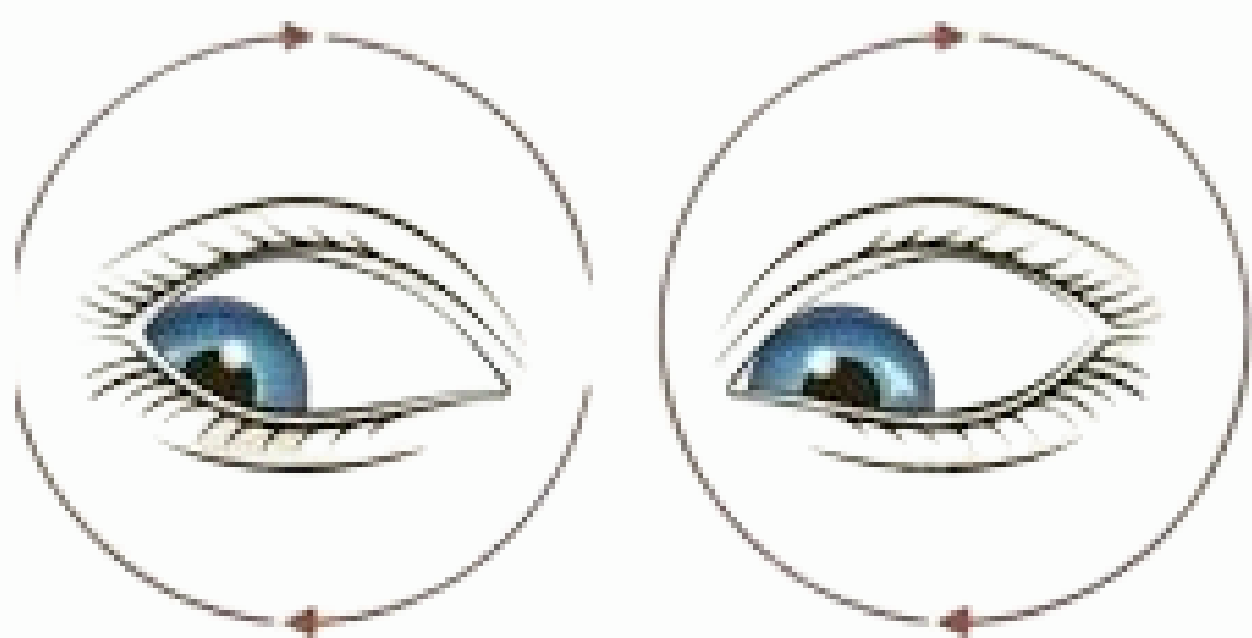
Blinking



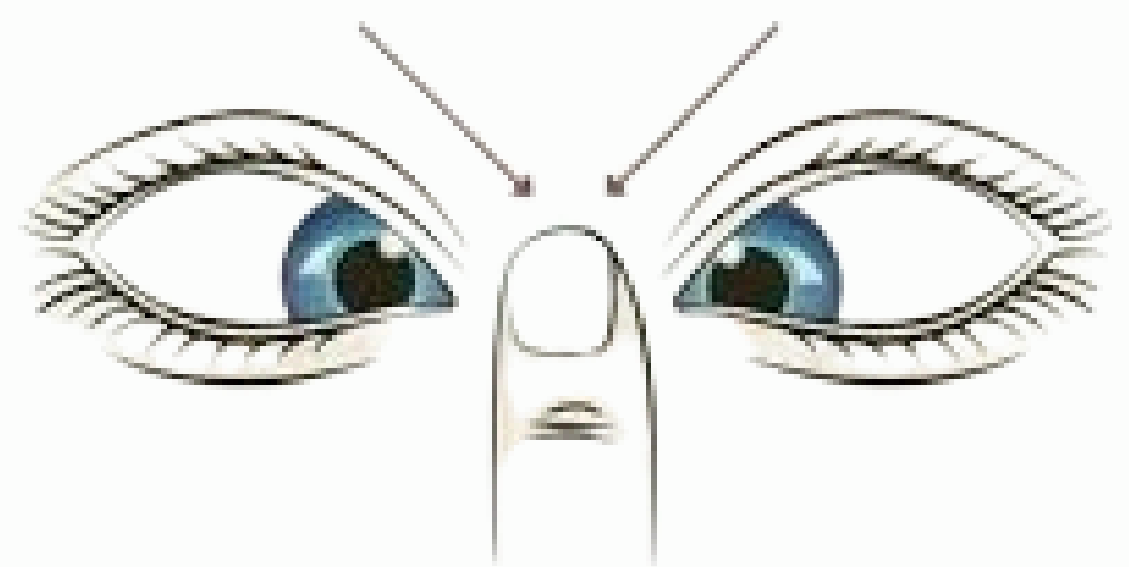
Up & Down



Sideways



Rotations



Nose Tip Gazing

Just a Few Minutes Daily Exercise — Keep Your Eyes Fresh & Focused!