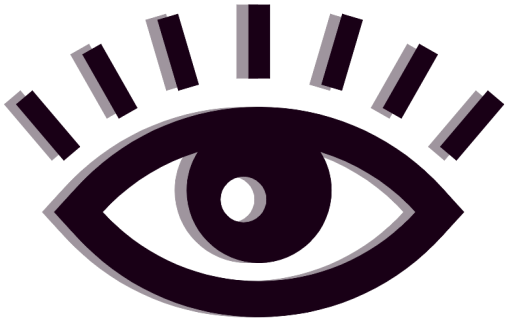


# *Don't forget to...*

blink  
your  
eyes  
often



TRY SOME OF THE  
FOLLOWING IF YOU  
ARE WORKING ON A  
COMPUTER ALL DAY!



change your  
environment



sit up straight  
at your desk  
with your feet  
flat on the floor

try standing at  
your desk  
when you can

try wearing  
blue light  
glasses



drink lots  
of water



get up  
and  
stretch  
often

