

HEALTHY eye TIPS:

STAY ACTIVE

Regular exercise has been shown to delay the onset of age related macular degeneration.

REGULAR EYE EXAMS FOR THE WHOLE FAMILY

A comprehensive eye exam can detect serious problems like diabetes.

EAT HEALTHY

Eating fruits, leafy greens and omega-3 fatty acids can reduce your risk of dry eyes, macular degeneration, glaucoma and more.

REST YOUR EYES

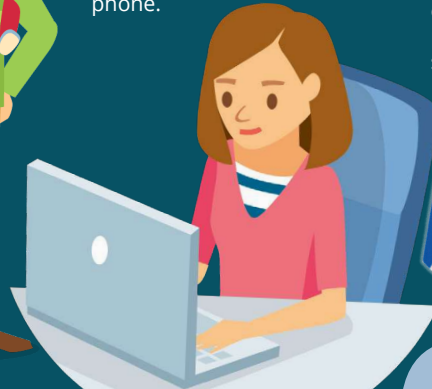
Take a 20 second break for every 20 minutes you are on your computer, tablet, or cell phone.

PROTECT YOUR EYES

About 90% of eye injuries could be avoided if the person had been wearing safety goggles.

DRINK WATER

Your eyes need it to produce tears that keep your eyes moist and healthy.





Eye Exams
Pediatric Eye Care
Vision Therapy
Eyewear
Contacts

10 LOCATIONS TO SERVE YOU!

- WEST CHESTER, PA • N. WILMINGTON
- WILMINGTON • PIKE CREEK
- NEWARK • BEAR • MIDDLETOWN
- MILFORD • DOVER • REHOBOTH

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