

# 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.





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Eye Exams  
Pediatric Eye Care  
Vision Therapy  
Eyewear  
Contacts

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- MILFORD • DOVER • REHOBOTH

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