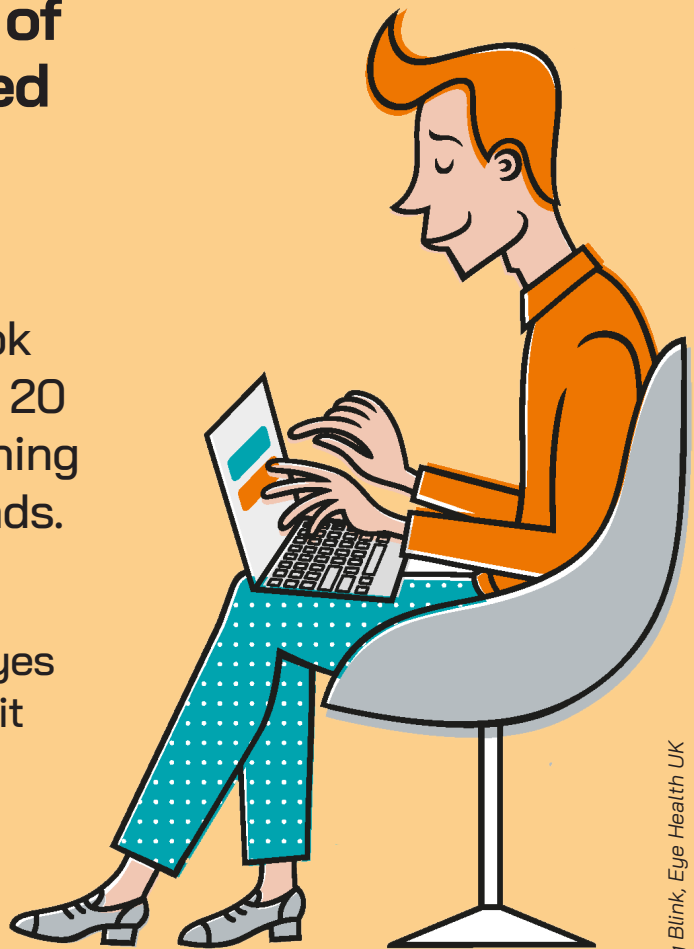


IS YOUR SCREEN USE LEAVING YOU FEELING GOGGLE EYED?

85% of us suffer poor eye health as a result of improper and prolonged screen use.*

Give your eyes a break and follow the 20-20-20 rule - look away from your screen every 20 minutes and focus on something 20 metres away for 20 seconds.

For more on looking after your eyes and how to be screen SMART visit [visionmatters.org.uk](https://www.visionmatters.org.uk)



* The Big Blink, Eye Health UK



**NATIONAL EYE
HEALTH WEEK**
MONDAY 18 - SUNDAY 24 SEPTEMBER 2023
YOUR VISION MATTERS