

74 WORDS, 30 SECONDS

MAKE VISION A FOCUS

EVERYONE CAN MAKE VISION A FOCUS. HERE'S HOW: ONE: SCHEDULE A DILATED EYE EXAM. TWO: KNOW YOUR FAMILY'S EYE HEALTH HISTORY, BECAUSE MANY EYE CONDITIONS RUN IN THE FAMILY. THREE: GIVE YOUR EYES A REST FROM COMPUTERS, TABLETS AND CELL PHONES. FOUR: EAT FOODS THAT ARE GOOD FOR YOUR EYES LIKE FRUITS; DARK, LEAFY VEGETABLES; AND FISH WITH OMEGA-THREE FATTY ACIDS. FIVE: WEAR SUNGLASSES. TO LEARN MORE, VISIT THE NATIONAL EYE INSTITUTE AT N-E-I--DOT--N-I-H--DOT--GOV--SLASH--H-V-M.