

Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church

10 WAYS TO KEEP YOUR EYES HEALTHY

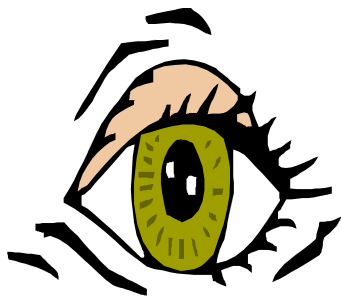
Our eyes account for 80% of our sensory connection to the world around us. In order to maintain vision that lasts a lifetime, take steps now to protect your eyes from damage and disease. Here are 10 ways that you can keep your eyes healthy and strong and your vision clear.....

1. Wear UV blocking sunglasses. One of the major stresses on your eyes comes from the ultraviolet (UV) and far-blue wavelengths of light contained in sunlight. These waves –lengths cause

free radical damage to the lens of the eye, which contributes to aging of the eye, and can lead to cataracts. Wear UVA & UVB protection sunglasses.

2. Eat a healthy diet. It's important to keep a rich supply of healthy nutrients flowing to the eyes. One way to ensure this is to eat a diet containing plenty of green, leafy vegetables, nuts and berries along with organic

Meat and coldwater fish. Limit carbs, sugars and saturated fats.



**Glaucoma Awareness
Month**

SECONDARY STORY HEADLINE

This story can fit 75-125 words.

Your headline is an important part of the newsletter and should be considered carefully.

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product Wins Industry Award, New Product Can Save You Time!, Membership Drive Exceeds Goals, and New Office Opens Near You.