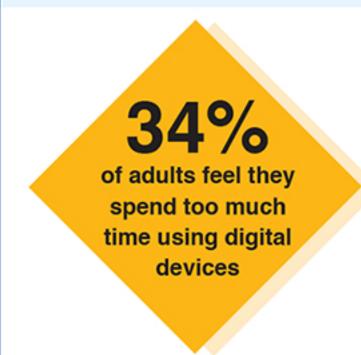
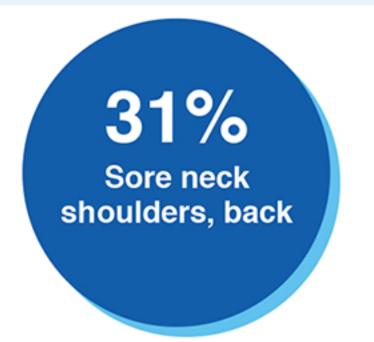
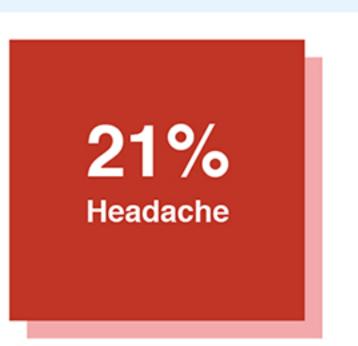
DO YOU NEED A DIGITAL RECESS?

To be sure, our digital devices have made so many things faster and easier. But that convenience and efficiency may be coming with a price: Side effects of extended use of digital devices can include headaches; burning or stinging eyes; blurred vision; and even neck and shoulder pain. If any of these symptoms sound familiar, it may be time to take some time off from technology and give your eyes and body a rest.











Source: Unum