

FAIRWAY FOCUS

March is workplace eye wellness month

7

things you're doing at your desk that can cause eye strain

Don't wear glasses with an old prescription. For maximum comfort, ask your doctor about custom computer eyeglasses.

Low-resolution screens are hard on the eyes. Upgrade to a high-resolution flat panel display for less eye fatigue.

Sitting too close to the screen can cause eye fatigue and blurred vision.



Avoid "turtling" - sitting with your back rounded, chin jutting forward and head tilted back - to get closer to your screen. If you can't see your screen clearly with good posture, visit an eye doctor.

Are you sitting in a bad chair? Your back should be supported so you can sit upright and at a comfortable viewing distance from your screen.

Having your mouse too far away will make you lean closer to your screen, increasing strain.

Eye strain can be caused by excessive lighting. Overhead lighting should be no brighter than your screen.

Protect your eyes!

- Wear your safety glasses.
- Wear eyewear properly tinted for the particular job you're working.
- Wear eye protection when working with power tools or chemicals.
- Keep your eye protection clean.
- Wear prescription lenses if you should.
- Get regular eye exams to prevent eye problems.
- Wear glasses that provide proper UV protection.
- Get medical attention immediately if you have an accident.
- And most importantly - wear your safety glasses!

Eye-healthy Recipe

Poached Salmon Spinach Salad

- ¼ tsp. freshly ground black pepper
- 3 medium organic tomatoes, roughly chopped
- 1 Tbsp. flat-leaf parsley, chopped
- 1 c. organic white wine
- 2 Tbsp. organic extra virgin olive oil
- 8 oz. organic fresh spinach
- ¼ tsp. Celtic sea salt
- ½ c. chopped organic yellow onion

- To poach the salmon, bring about one cup of white wine and ½ cup of water to a boil in a large skillet. Reduce the heat, add the salmon, cover, and simmer for about 6-8 minutes, or until the salmon flakes easily.
- In a skillet, heat half of the oil over medium heat.
- When hot, sauté the spinach for 1½ minutes. Add the salt and pepper and divide the spinach among plates.
- Heat the remaining tablespoon of oil in the skillet. Sauté the onion and tomatoes over medium heat until the onion is tender, about 5-6 minutes.
- Arrange the salmon on the spinach and top with the tomatoes and onion.
- Garnish with parsley and serve!

Spring Savings!

Get spring-ready with \$30 off a pair of sunglasses or any green frame during the month of March! Must mention this newsletter. Cannot be used with insurance or other discounts.

happy birthday to us!

March 12 is our 15th birthday! Keep an eye out for a special announcement!

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