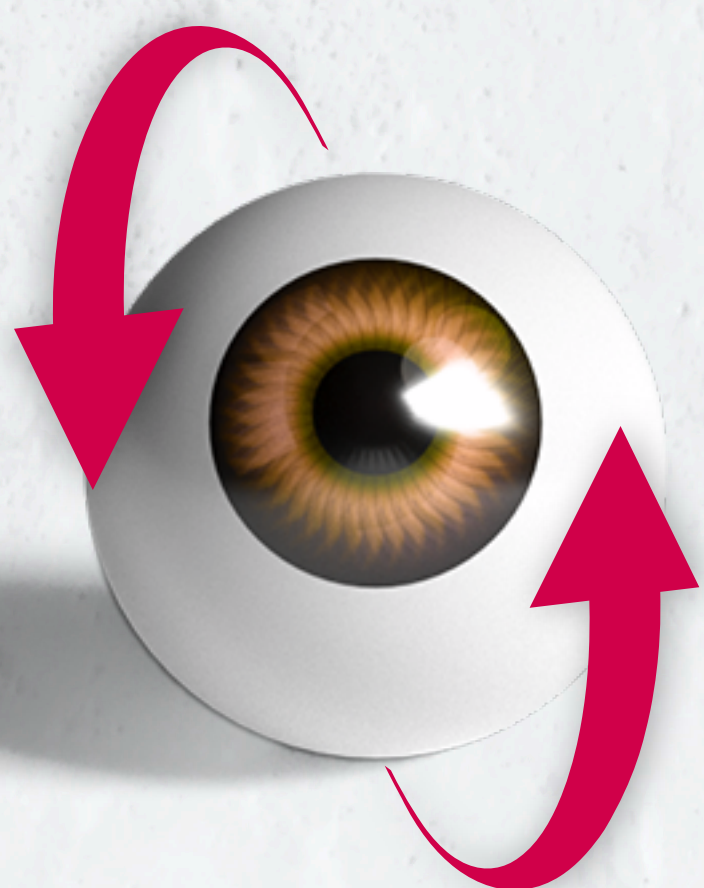


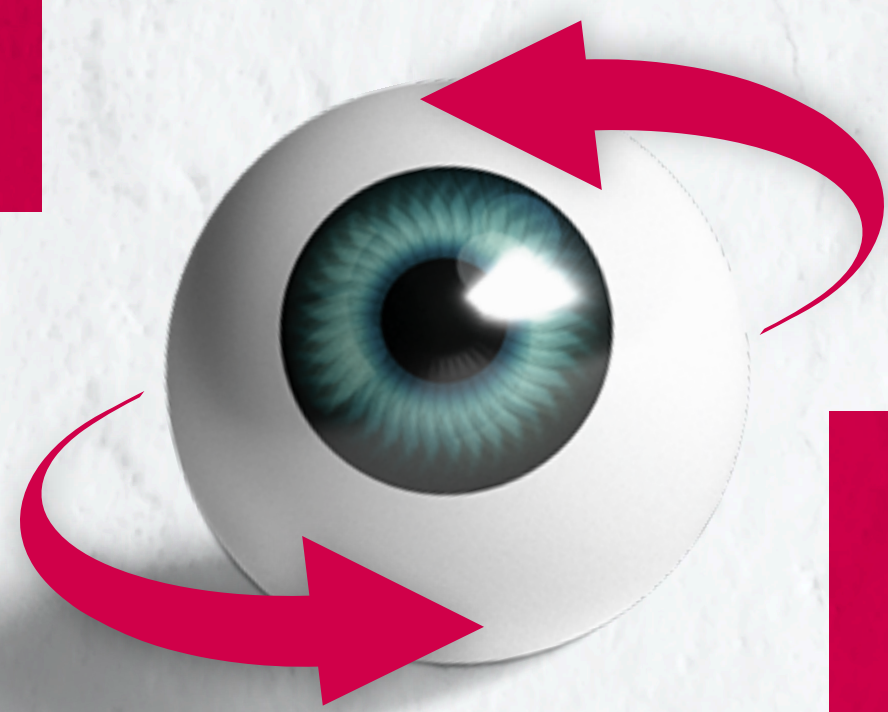
EXERCISE YOUR EYES



REPEAT

5

TIMES



1

Close your eyes.

2

Slowly move your eyes
upward, then downward.

3

Repeat three times.

4

Slowly move your eyes to the
left, then to the right.