

Don't get the blues from the blue

What is Blue Light?

Blue Light is a short-wavelength light, that is high in energy.

Too much exposure can cause harmful **Effects** to our **Eyes, Body** and **Mood**.

WHERE DOES IT COME FROM?



Computers



Cell Phones



LED TV's



WHAT YOU CAN DO

- 20-20-20 Rule
 - Every 20 minutes look at an object 20 ft away for 20 seconds
 - Keep devices at least 16 inches away from your eyes
- Avoid using technology for about 1 hour before going to sleep

OUR MISSION

Gallery EyeCare, LLC & The Boston Public Health Commission, are donating over 1,000 pairs of **Non-prescription*** blue-light filtering glasses to students in the Greater Boston Area.

For information call (617)202-8212 or visit our office Mon., Wed., or Fri. from 9-6 pm, ask for Hugo.

All Blue Light Glasses are Non-prescription *



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