

Hello!

Here is your Health Kit for August 2019.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Keeping your eyes healthy is important to your overall well-being. Fortunately, there are things you can do to help make sure your eyesight is at its best. This month's Health Kit provides the tools you need to help maintain great eye health as you age.

Coaching Moment: Challenge ON!

Watch this quick video to see a challenge from Coach Felicia on the importance of having your eyes checked regularly.

[Watch Video](#)

90-Second Video

This video offers simple ways you can take care of your eyes to keep them healthy.

[Watch Video](#)

Poster

Check out this month's poster, Food for Healthy Vision, to find out which vitamins and antioxidants found in many everyday foods play a large role in sustaining great eye health.

[Download](#)

Brain Game

This month's brain game is all about vision. It's simple – just match the words with the corresponding description.

[Download](#)

Recipe

This pasta stars three of the most beloved veggies of the summer season. It's simple, light, and can be tossed together in less than 20 minutes!

[View Recipe](#)

Podcast

Download this podcast for easy changes you can make to reduce your risk of eyestrain.

[Listen](#)

[Find Out More About Eye Health](#)

Coming up...

September is all about the flu. Be sure to check back and learn what you can do to stay healthy during this flu season.