

March

Topic: Workplace Wellness Month



Instructions:

1. Click “Download” and open the JPG from the Social Media zip file
2. Copy and paste the suggested social media copy shown below
3. Paste into your social media page
4. Double-check the copy and image to ensure they look good/correct before posting

Image name: Social_Media_Toolkit3.jpg

Suggested Social Copy: Did you know that the average American spends more than seven hours a day on a digital device? An increasing part of workplace wellness is managing digital eye strain. Learn more about the symptoms of and treatment for digital eye strain.

<https://www.vsp.com/eyewear-wellness/eye-health/digital-eye-strain>