



# VSP Vision Workshop

Taking Care of our Eyes in the 21st Century

Did you know that a significant number of people are still not aware of the health risks of going outside without protecting their eyes against UV rays?

Are you aware that eye exams can help detect unknown health conditions and eye conditions and diseases?

Please join our workshops presented by a VSP representative who will discuss:

- The importance of an eye exam
- Protection against UV rays
- And additional information on digital eye strain

**RSVP to a session below  
at  
[jenny.aquino@gcccd.edu](mailto:jenny.aquino@gcccd.edu)**

Date	Location	Time
October 3	District Services <b>District Annex Conference Room</b>	10:30am – 12:00pm
October 4	Cuyamaca <b>Student Center I-104</b>	10:00am – 11:30am
October 4	District Services <b>District Annex Conference Room</b>	1:30pm – 3:00pm