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| **#192: Reduce computer-related eyestrain**  With the increased time spent in front of our screens and in particular sitting down more during the day, I thought it timely to post these two videos about getting your set-up at home and work as ergonomic and healthy as possible. Watch them with your family and see if you can adjust your environment to improve your health and well-being.      Have a healthy weekend.  **Brian Taylor**  **Assistant Principal, Campus Curriculum Technology Integration** |