Healthy Computing in the Classroom
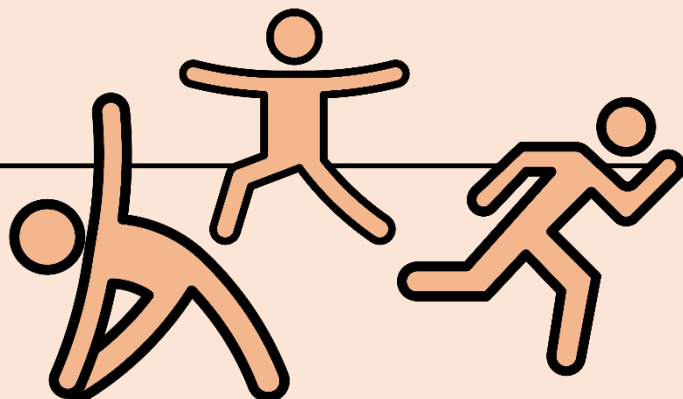
Strike a Balance

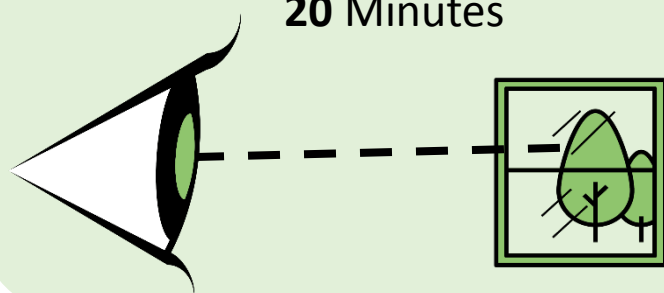## Get Moving

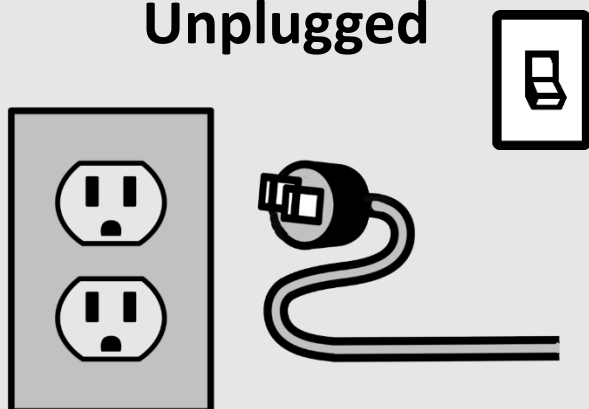## Maintain Relationships

Take Visual Breaks

Look **20** Feet Away for **20** Seconds every **20** Minutes

Spend Time Unplugged

Make Comfortable Choices

For more information: **tinyurl.com/HealthyComputing**