**Sample Social Media Posts for Healthy Vision Month**

**#1 SOCIAL MEDIA TIP: Don’t recreate the wheel.**

We know how busy you are! Save yourself time and effort on social media by following the EyeSmart [Facebook](https://www.facebook.com/AcademyEyeSmart/) and [Twitter](https://twitter.com/AcademyEyeSmart) channels.

This will allow you to more easily share and re-tweet information on eye health guidance and news so you don’t need to spend additional time developing and posting your own messages. This will also allow you take advantages of any new social media posts that the Academy develops for eye health observances throughout the year.

If you would prefer to develop your own messages, here are sample posts that you can use:

**Sample Facebook Posts:**

May is Healthy Vision Month. Here are our top tips for keeping your eyes healthy: <https://bit.ly/3vrvu5X> #HealthyVisionMonth

It’s Healthy Vision Month! Learn about aging eyes and what easy steps you can take to keep your eyes healthy as you get older: <https://bit.ly/3czUHTh>

Everyone needs a comprehensive eye exam by age 40, which is when your eyes start to change. Find out why dilated eye exams are important and what to expect when you have one: <http://bit.ly/211OnqA> #HealthyVisionMonth

Eating right can help lower your risk of eye conditions that cause blindness. Load up on leafy greens, cold water fish like salmon, and citrus fruit. Learn more about how these foods can protect your eyes: <https://bit.ly/3bNCvq0> #HealthyVisionMonth

Did you know smoking can lead to vision loss? Learn more about how cigarettes harm your eyes here: <http://bit.ly/1T1WkpR> #HealthyVisionMonth

**Sample Twitter Posts:**

May is #HealthyVisionMonth! Our top tips to keep your eyes at their best: <https://bit.ly/3vrvu5X> @academyeyesmart

Here’s what you need to know about aging eyes and the best way to protect your vision, according to @academyeyesmart: <https://bit.ly/3czUHTh> #HealthyVisionMonth

Everyone needs a comprehensive eye exam by age 40. Find out why here: <http://bit.ly/211OnqA> #HealthyVisionMonth @academyeyesmart

Eat these eye healthy foods to protect your sight: <https://bit.ly/3bNCvq0> #HealthyVisionMonth @academyeyesmart

How #smoking harms your #eyes: <http://bit.ly/1T1WkpR> #HealthyVisionMonth #QuitToday @academyeyesmart