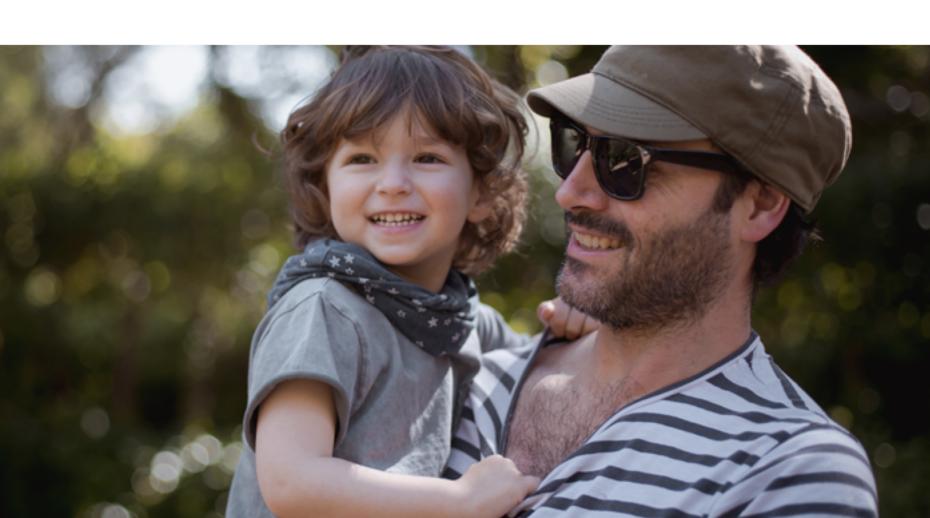
#### **The UCD Wellness Connection**

June, 2024



### Give dad the gift of healthy vision

Looking for a Father's Day gift dad will actually use?

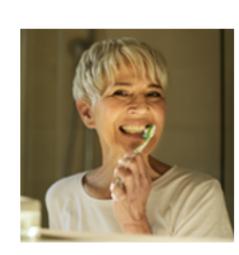
Consider these eye health options →



# Temporomandibular Joint (TMJ) Headaches: Causes and Solutions

Did you know your headache might be caused by a TMJ disorder?

Here's what you should know  $\rightarrow$ 



## **5 ways to prevent Alzheimer's disease**

Your mouth and eyes can play a role in reducing the risk of Alzheimer's.

**Learn how** →



## Fireworks and eye safety: What you need to know

Protecting your vision and hearing can help you enjoy fireworks season.

See why  $\rightarrow$ 

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