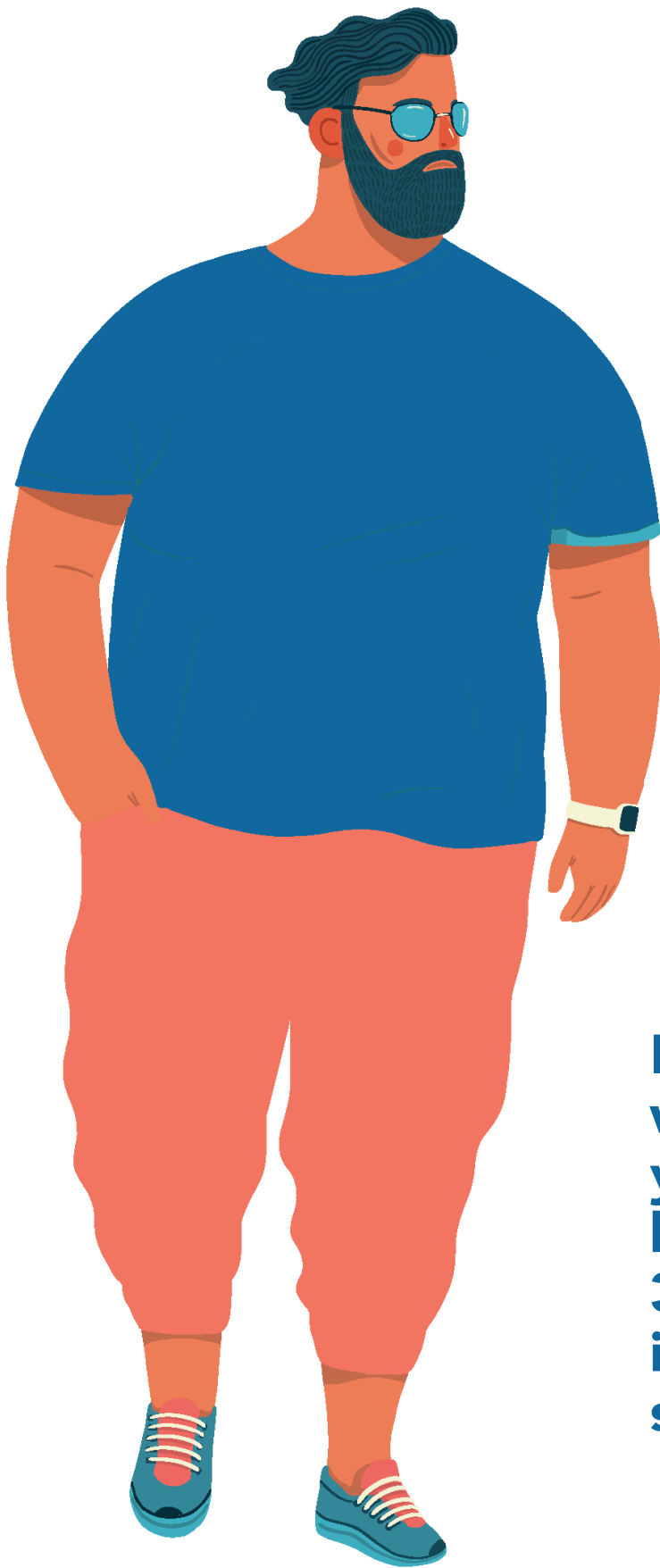


**BEST EYE  
HEALTH  
HABITS  
#3**



# **WATCH YOUR WEIGHT**

**Maintaining a healthy weight can help keep your eyes and vision healthy. A BMI of 35+ can significantly increase your risk of sight loss.**

**for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**